



Physical Culture & Sport(e).d(7)

- 1 What is the recommended amount of daily physical activity for adults?
- 2 Which exercise helps to strengthen the core muscles?
- 3 What type of exercise is best for cardiovascular health?
- 4 How often should strength training be done per week for optimal results?
- 5 What should you do before beginning any exercise routine?
- 6 Which of these activities is low-impact and easy on the joints?
- 7 What is the primary benefit of regular stretching?
- 8 Which of the following is a weight-bearing exercise?
- 9 What is the best way to prevent muscle strain during exercise?
- 10 How long should a proper cool-down last after a workout?
- 11 What type of exercise is yoga primarily considered?
- 12 Which of the following is a recommended way to increase daily physical activity?
- 13 Which exercise is most effective for improving cardiovascular endurance?
- 14 How many times a week should adults engage in moderate-intensity aerobic activity?
- 15 Which of the following activities helps improve balance and coordination?
- 16 What is a good way to stay active if you work a desk job?
- 17 Which type of exercise is recommended to prevent osteoporosis?
- 18 What is a common benefit of regular hand washing?





- 19 Which of these is essential for a healthy immune system?
- 20 Which vitamin is known as the 'sunshine vitamin'?
- 21 Which habit is best for reducing the risk of heart disease?
- 22 What is a key benefit of regular health screenings?
- 23 How much sleep is generally recommended for adults each night?
- 24 What activity can help reduce stress levels?
- 25 Which food group is known to support heart health?
- 26 Which type of fats should be limited to maintain good health?
- 27 What is the benefit of taking breaks during long work hours?
- 28 Which habit can help in reducing the risk of developing type 2 diabetes?
- 29 What is one of the best ways to prevent the spread of infections?
- 30 Which mineral is essential for red blood cell production?
- 31 How much water should an average adult drink daily?
- 32 Which type of sleep is most restorative for the body?
- 33 Which common habit can increase the risk of high blood pressure?
- 34 Which nutrient is essential for muscle repair?
- 35 Which of these foods is high in fiber?
- 36 What is a good source of healthy fats?
- 37 Which vitamin is important for skin health?
- 38 What mineral helps to build strong bones?
- 39 Which food is an excellent source of Vitamin C?





- 40 Which type of diet helps maintain steady blood sugar levels?
- 41 Which of these is a whole grain?
- 42 What is a benefit of drinking enough water daily?
- 43 What type of food can help improve gut health?
- 44 Which of the following is a complete source of protein?
- 45 Which food group is rich in carbohydrates?
- 46 What is the main benefit of eating whole grains?
- 47 Which vitamin is crucial for eye health?
- 48 What kind of diet can help reduce inflammation in the body?
- 49 Which food group is an excellent source of protein?
- 50 Which activity is recommended for improving mental well-being?
- 51 What is one way to promote better sleep quality?
- 52 Which is a common practice in mindfulness?
- 53 Which is a benefit of having a positive mindset?
- 54 What is one effective way to manage time better?
- 55 What is a key benefit of practicing gratitude daily?
- 56 Which practice is known to improve mental clarity and reduce stress?
- 57 What is the benefit of maintaining social connections?
- 58 Which activity is considered beneficial for emotional well-being?
- 59 How can practicing deep breathing help?
- 60 What is one benefit of keeping a journal?

