Health for Hearts United
Leadership Institute
A Church-Based Project in Gadsden and Leon Counties
Funded by the National Institute on Minority Health & Health Disparities

Cohort 4 Training Session, Moving Around More
Make-up Assignment

1. Please review the overview slides presented by Dr. Jennifer Lemacks and answer the following questions:

   a. How many minutes of physical activity are recommended for most days of the week?

   ______________________________________________________

   b. What are four ways (or examples) to be physically active?

   i. ___________________________________________________

   ii. _________________________________________________

   iii. _______________________________________________  

   iv. ________________________________________________

   c. What are three key benefits of physical activity?

   i. _________________________________________________

   ii. _______________________________________________  

   iii. ______________________________________________

   d. Indicate below how to determine the levels of intensity for physical activity using the “Talk Test”:

   i. **Low:** __________________________________________

   ii. **Moderate:** _____________________________________

   iii. **Vigorous:** _____________________________________
e. Name **three approaches** to “move more, move smart”?

   i. ______________________________________________________

   ii. _____________________________________________________

   iii. ______________________________________________________

2. Please review the handout prepared by Mr. George Clark III and answer the following question:

   Exercise generally falls into what **four categories**?

   i. ______________________________________________________

   ii. _____________________________________________________

   iii. ______________________________________________________

   iv. ______________________________________________________

3. Please review the handout prepared by Elder Marva & Clyde Preston and answer the following question:

   Which **programs or events** implemented by Miracle Deliverance Center #2 could be implemented in your church?

   ______________________________________________________

   ______________________________________________________

   ______________________________________________________

   ______________________________________________________