

# 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?

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