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:

Exercis 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?

   _______________________________________________________

   _______________________________________________________

   _______________________________________________________

   _______________________________________________________