



**NObesity Quiz**

# Instructions

1. **Split up in 5 groups**
2. **We will present to you some statements about fitness and nutrition, and each group must decide whether each statement is TRUE or FALSE**
3. **At the end we will discuss the statements together**

**Good luck 😊**



- 1. Carbohydrates are bad for you and should be avoided**
- 2. Some type of fats are actually good for you**
- 3. BMI is not the most accurate way to measure health and can be misleading**
- 4. A vegan diet is not recommended for athletes because it does not provide enough nutrients for an active lifestyle**

- 5. Abs are made in the kitchen  
(your diet is just as important as  
exercising for a six-pack)**
- 6. No Pain, No Gain  
(exercising is only effective if you feel  
sore and sweaty after the workout)**
- 7. Warming-up before exercising can  
help prevent injuries**
- 8. The longer the workout, the better**

- 9. Lifting weights is only for people who want to look bulky (have big muscles)**
- 10. When lifting weights, good form is more important than the size of the weight**
- 11. Listening to music while working out can improve performance**
- 12. Physical activity is good for your mental health**

# 1. Carbohydrates are bad for you and should be avoided

**FALSE**

- Carbs are your body's main source of energy (glycogen) production
- Some athletes “carbo-load” before long distance events
- Two main types of carbs: simple and complex
- Simple carbs come from unhealthy sources such as chips and soda, and should be avoided
- Complex carbs are more nutrient-dense, and are found in healthier food such as fruits, whole grains, nuts, and beans.





## 2. Some types of fats are actually good for you

**TRUE**

- Some fats are healthier than others
- Monounsaturated and polyunsaturated fats are healthy fats that can reduce your risk of heart disease and stroke
- Monounsaturated fats can be found in olive oil, avocados, and almonds; while polyunsaturated fat can be found in flaxseed, fatty fish, and tofu
- Saturated fats should be consumed in moderation; these are found in full fat dairy, red meat, chicken skin
- Trans fats are harmful and should be avoided
- Found in processed foods e.g. oil and margarine



### **3. BMI is not the most accurate way to measure health and can be misleading**

**TRUE**

- **BMI (Body Mass Index) is a mathematical formula:  
BMI = weight (kg) / height (m<sup>2</sup>)**
- **A BMI between 18.5 and 24.9 is considered “normal”**
- **BMI only looks at a person’s height, it does not take into account other factors like age, sex, race, genetics, muscle mass and bone density**
- **Nevertheless, studies show that risk of chronic diseases does increase with BMI.**



## **4. A vegan diet is not recommended for athletes because it does not provide enough nutrients for an active lifestyle**

**FALSE**

- **A plant-based diet is high in carbohydrates, low in fat, and rich in vitamins, minerals, and antioxidants**
- **Many athletes are vegan or plant-based, such as: Venus Williams, Lewis Hamilton, Kyrie Irving, Nate Diaz**
- **Vegan athletes can consume adequate protein intake through consumption of foods such as beans, legumes, nuts, seeds, whole grains, and soy products**
- **Research shows that plant-based diets can help athletes improve their performance by decreasing weight, creating leaner bodies, and improving stamina**

## 5. Abs are made in the Kitchen

**TRUE**

- It is much easier to gain calories than it is to burn them off through exercise
- A diet for abs should include plenty of whole foods rich in fiber, protein, and healthy fats
- It's also important to pair your diet with regular physical activity such as cardio, HIIT, and resistance training
- Fruits, veggies, whole grains, nuts, seeds, fatty fish, legumes, and tea are all nutritious additions to an ab-building diet
- Avoid sugary drinks and snacks, fried foods, alcohol, and refined grains



## 6. No pain, no gain

**FALSE**

- Pain and soreness should not be used to measure whether you've had an effective workout
- Feeling pain, muscle tightness, or mobility issues after a workout may be a sign of torn muscle tissue
- Working out while feeling pain might result in more serious injuries with time
- Your body needs time to rest
- Sweat depends on many factors, not just the intensity of your workout
- These include: body size, age, fitness level, air temperature, humidity, what clothes you are wearing
- Make sure you hydrate sufficiently (drink water)

# 7. Warming-up before exercising can help prevent injuries

**TRUE**

- Three types of warm-ups: Static stretching, Dynamic stretching, Cardio
- It's recommended to warm up through light cardio and dynamic stretches related to the activity you're about to do, so your muscles are prepared (5-15 minutes)
- Dynamic stretching can help a joint maintain and increase its range of motion
- Cardio helps get your blood flowing
- Static stretching is more suitable for cooling down after a workout



## 8. The longer the workout, the better

**FALSE**

- Working out harder doesn't always mean you're working out smarter
- Long workouts increase the risk of muscle strain or injury
- HIIT is one of the most effective workouts for fat loss, and is only 20-25 minutes long



## 9. Lifting weights is only for people who want to look bulky

**FALSE**

- For women, this myth can result in a limited use or complete avoidance of free weights and other strength-training exercises
- The facts: weightlifting on its own does not lead to bodybuilder muscles
- Lifting offers several health benefits for heart, joints, ligaments, metabolism, posture, and balance
- It also helps increase strength and energy





# **10. When lifting weights, good form is more important than the size of the weight**

**TRUE**

- **Quality is more important than quantity**
- **Poor form could lead to strains, sprains and injuries**
- **Proper form helps you work out more efficiently - Why work harder when you can work smarter?**
- **Beginners should devote some time to learn the proper form before increasing the weight**
- **Perfecting form will boost performance, conserve energy, and reduce injuries over time**
- **Good form also improves oxygen flow**

# 11. Listening to music while working out can improve performance

**TRUE**

- Research confirms that music and exercise go hand in hand
- Music improves people's mood and distracts them from pain and fatigue
- Also increases endurance, reduces perceived effort and may even promote metabolic efficiency
- When listening to music, people run farther, bike longer, and swim faster than usual, often without realising it



## 12. Physical activity is good for your mental health

**TRUE**

- Research shows that people who exercise regularly have better mental health and emotional wellbeing
- Exercise is important for people with mental illness – it boosts our mood, concentration and alertness
- The levels of chemicals in the brain (such as serotonin, stress hormones and endorphins) change when you exercise
- Exercise can reduce muscle tension, which helps you feel more relaxed



# Summary

1. Carbohydrates are bad for you and should be avoided **FALSE**
2. Some type of fats are actually good for you **TRUE**
3. BMI is not the most accurate way to measure health and can be misleading **TRUE**
4. A vegan diet is not recommended for athletes because it does not provide enough nutrients for an active lifestyle **FALSE**
5. Abs are made in the kitchen (your diet is just as important as exercising for a six-pack) **TRUE**
6. No Pain, No Gain (exercising is only effective if you feel sore and sweaty after the workout) **FALSE**
7. Warming-up before exercising can help prevent injuries **TRUE**
8. The longer the workout, the better **FALSE**
9. Lifting weights is only for people who want to look bulky (have big muscles) **FALSE**
10. When lifting weights, good form is more important than the size of the weight **TRUE**
11. Listening to music while working out can improve performance **TRUE**
12. Physical activity is good for your mental health **TRUE**

# References

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