

# Move Your Body Quiz

1. What is balance?

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2. What is strength?

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3. Why is having good strength and balance important?

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4. How often should you do activities to help improve your strength and balance?

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5. Give one example of an exercise or program you could do to improve your strength and/or balance.

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6. True or False: Improving your strength and balance is the best way to prevent falls?

**True**

**False**



## Answers

### 1. What is balance?

Balance is staying upright and steady when stationary or during movement.

### 2. What is strength?

Strength is the ability of a muscle or muscle group to use force to lift or overcome resistance, in one single effort.

### 3. Why is having good strength and balance important?

Strength and balance helps you to complete everyday activities and stay independent. Activities that involve twisting, turning, lifting and bending all challenge your strength and balance.

### 4. How often should you do activities to help improve your strength and balance?

As often as possible, ideally every day and totaling two hours per week.

### 5. Give one example of an exercise or program you could do to improve your strength and/or balance ?

Any exercise program involving strength and/or balance ie Tai Chi, Prime Movers, Living Longer Living Stronger etc.

### 6. True or False: Improving your strength and balance is the best way to prevent falls?

**True**

