

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?
