23 and ½ Hours

Name: TOTAL /14

Before Viewing:

1. How many minutes of daily activity do you get in a typical day? Activity includes walking, playing a sport, dance lessons ect. ( /1)

2. Taking your best guess, how much activity would one of your parents typically get in a

day ( /1)?

During Viewing:

3. What is the intervention or medicine that helped patients significantly with arthritis, Alzheimers, diabetes, hip fracture, anxiety, depression, and lowered risk of death by 23% ( /1)?

4. What does Dr. Mike Evans say is the best overall thing you can do for your health and what is the time required per day ( /2)?

5. What was the number one risk factor that contributed to death in the study done at the University of South Carolina, ahead of smoking, hypertension, obesity, and diabetes ( /1)?

6. When you are obese, does exercising help reduce the risk of the negative consequences or possible risks to your health? Why do you think this would be true? ( /2)

7. How much time does the average American spend watching TV in a day ( /1)? If a person does watch this much TV a day on average how much less do they live ( /1)?

8. What does Dr. Mike Evans want you to limit to 23 ½ hours per day ( /1)?

After Viewing:

7. The studies show great improvement with only 30 minutes of even just walking per day. What are 3 ways you could incorporate 30 minutes of activity into your daily life or into that of a family members ( /3)?