

## Exercise safely - quiz

Try our health quiz and find out how to exercise safely. Maintaining fluid hydration, wearing the right shoes for jogging and walking and taking adequate breaks will help you exercise safely and prevent injuries.

**1. What is the first symptom of dehydration?**

- A. Headache.
- B. Fatigue.
- C. Thirst.

**2. How much fluid does the average athlete lose during each hour of exercise?**

- A. One litre.
- B. One and a half litres.
- C. Half a litre.

**3. What is the best way to prevent dehydration when playing sport or exercising?**

- A. Drink water before, during and after exercising.
- B. Listen to your body and drink only when you feel thirsty.
- C. Drink as much water as you can after exercising.

**4. Is it possible to drink too much water when exercising?**

- A. No, you can never drink too much water.
- B. Yes, sometimes you may drink too much if you get really hot, lose a lot of fluid and drink a lot of extra water.
- C. No, you should drink as much water as possible, because it's really good to replace all the fluid you lose in sweat.

**5. Running, jogging or even walking on hard surfaces can cause injuries to joints, bones and muscles. What is the most important thing you can do to reduce the risk of injury?**

- A. Run barefoot.
- B. Wear appropriate running shoes to cushion the impact.
- C. Choose soft, level surfaces such as a running track, grassy oval or the beach.

**6. When is it all right to let your dog off its leash?**

- A. The dog should only be unleashed in open areas, such as parks.
- B. A dog should be leashed at all times.
- C. If the dog is well trained, it shouldn't have to be leashed at all.

**7. How many recovery days should you have during any given week?**

- A. One.

- B. None.
- C. Two.

**8. How important is well-maintained equipment in preventing injuries?**

- A. Not at all – good technique is everything.
- B. Reasonably important.
- C. Vital – poorly maintained equipment is a common cause of injury.

**9. What's the best way to treat a soft tissue injury, such as a sprain?**

- A. Ice the injured area for 20 minutes every two hours for 48 hours, and rest until you feel better.
- B. Work through the injury, since a good blood supply can speed along the healing process.
- C. Apply an ice pack to the injured part immediately following the injury, and rest the following day.

Calculate score

Your score is:

**Score 0 to 2:**

You're probably on first-name terms with the staff at your local emergency department. It's in your best interests to find out more about exercise safety by talking to your coach, sports trainer, physiotherapist or registered fitness instructor.

**Score 3 to 5:**

You have a basic understanding of exercise safety, but the gaps in your knowledge could injure you. Reduce your risk by brushing up on your incorrect answers.

**Score 6 to 8:** You show a good general knowledge of exercise safety issues. See your physiotherapist or fitness instructor for further suggestions on how to reduce your risk of sports-related injuries.

> Check the Correct answers.

**This page has been produced in consultation with, and approved by:**

Kinect Australia (inc VICFIT in Victoria)

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