



## FAQs

**Q1. What is the benefit of strength training for sedentary people according to the Centres for Disease Control and Prevention?**

**Ans:** Strength-training has many benefits for sedentary people which including reduced risk of joint injury and osteoporosis, according to the Centres for Disease Control and Prevention.

**Q2. How much time do we need to do moderate cardio activity weekly?**

**Ans:** We need 150 minutes of moderate cardio activity weekly.

**Q3. In a sedentary lifestyle, which types of disease include in high risk of health complications.**

**Ans:** Sedentary lifestyle is associated with a high risk of health complications including obesity, type 2 diabetes and heart disease.

**Q4. What is the enough sleep hours a night of an individual?**

**Ans:** The enough duration of sleep time of an individual is 6-8 hours a night.

**Q5. Name some of the benefits of aerobic exercise.**

**Ans:** An aerobic exercise can also helps to lower cholesterol and blood pressure and has many other known benefits, including decreasing rates of most types of cancer, heart attack, stroke, Type II diabetes and more.

**Q6. Name some of the diseases which are more prevalent due to lack of activities.**

**Ans:** A Type II diabetes, high cholesterol and high blood pressure, are now becoming more prevalent due to lack of exercises or activities.