

# Exercise Workshop

Answer the following questionnaire and bring it back to your next chiropractic appointment to receive 1 attendance credit for a workshop!!!

1. Write the correct answer:

#1 Deficiency is \_\_\_\_\_.

#1 Toxicity is \_\_\_\_\_.

2. What are the three types of exercise?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

2. Name the 2 things to avoid when doing anaerobic exercise:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. Answer True or False:

Crunches are the best exercise to shrink the abdominals \_\_\_\_\_

Increasing muscle mass also increases metabolism \_\_\_\_\_

4. Fill in the Blank

"Your body needs \_\_\_\_\_ to \_\_\_\_\_ hours for muscle to repair."

5. Name two of 5 Foundation exercises:

1. \_\_\_\_\_

2. \_\_\_\_\_