

QUIZ ANSWER KEY: The Impact of Aging on Bones and Joints

1. True ☒ False As we age, bones become denser.
2. ☒ True False As you age, joint movement becomes stiffer and less flexible because the amount of lubricating fluid inside your joints decreases and the cartilage becomes thinner.
3. ☒ True False Decreased range of motion is caused by the loss of fluid between the joints.
4. ☒ True False It is never too late to increase your range of motion.
5. True ☒ False Exercise cannot increase a person's range of motion and flexibility.
6. ☒ True False Osteoarthritis, osteoporosis, and rheumatoid arthritis are more common in older people.
7. ☒ True False An inactive lifestyle causes bone wastage.
8. True ☒ False Stretching is not a good way to help maintain joint flexibility.
9. True ☒ False Few age-related changes to joints are caused by lack of exercise.
10. ☒ True False Older people can increase muscle mass and strength through muscle-strengthening activities.