

Answer Key

1. Health experts say teens should be active or exercise 60 minutes every day.
2. Three components of a well-balanced exercise routine are:
 - a) stretching, running, resting
 - b) aerobic exercise, strength training, and flexibility training
 - c) motivation, equipment, time
3. Exercise causes the body to produce these chemicals, which can help improve people's moods:
 - a) endorphins
 - b) lipids
 - c) laughiums
4. Name two physical benefits of daily exercise:
Any two of the following: builds muscles, makes you look better, burns calories, helps keep you maintain a healthy weight or lose weight, reduces risk of diabetes, reduces risk of high blood pressure, reduces risk of osteoporosis, makes heart stronger and/or more efficient, helps the body stay flexible, helps you sleep better.
5. In addition to causing the body to release chemicals that can make people feel happy, name another emotional benefit of daily exercise:
Any one of the following: can help with depression, can boost self-esteem, can help you sleep better, can provide a sense of accomplishment.