Quiz

Name: ____________________________  Date: _______________

1. Health experts say teens should be active or exercise ___ 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:

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5. In addition to causing the body to release chemicals that can make people feel happy, name another emotional benefit of daily exercise:

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