

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:

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