



Name: _____

Date: _____

Quiz

1. True or false: Kids who spend lots of time in front of TV, video, and computer screens are more likely to be overweight.
2. True or false: Playing video games is a kind of exercise.
3. True or false: Swimming, basketball, hockey, and jogging are all examples of aerobic exercise.
4. True or false: Push-ups, sit-ups, and swinging across the monkey bars are all activities that build muscle strength.
5. True or false: Running around on the playground counts as exercise.

Extra Credit:

6. Too much screen time can interfere with:
 - a) being physically active
 - b) doing homework
 - c) playing with friends
 - d) spending time with family
 - e) all of the above
7. Exercise produces chemicals that can make you feel good. These chemicals are called:
 - a) endorphins
 - b) morphins
 - c) bile
 - d) white blood cells
 - e) plasma