Quiz

Instructions: Answer each question.

1. List three things you can do to be a fit kid:
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. ________________ exercise is a kind of activity that requires oxygen.

3. If you eat more calories than your body needs, it may be stored as excess ________________.

4. Sweat leaves your skin through tiny holes called ________________.

5. List two activities that can build strong muscles:
   ____________________________________________________________
   ____________________________________________________________

6. True or false: Exercise helps keep your heart healthy.

7. True or false: Exercise strengthens muscles.

8. True or false: Exercise makes you flexible.

9. True or false: Exercise makes you feel good.

10. True or false: Kids shouldn’t exercise or be active every day.