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