Quiz

1. When you exercise, your body produces this chemical, which can make you feel happier and more peaceful:
   a. relaxase
   b. smilene
   c. endorphins

2. True or false: People who exercise burn more calories and look more toned than those who don’t.

3. How much exercise do experts recommend for teens?
   a. 6 minutes each day
   b. 6 minutes each hour
   c. 60 minutes each week
   d. 60 minutes each day

4. Name one activity that can help keep you flexible: __________________________

5. True or false: Exercising to maintain a healthy weight decreases a person’s risk of developing type 2 diabetes and high blood pressure.

6. Draw lines to match the type of exercise with an example:

   Strength training    Yoga
   Flexibility training  Swimming
   Aerobic exercise     Pushups

7. Underline the wrong answer.
   Warming up before playing sports or being physically active:
   a. increases your heart and respiratory rate
   b. is a bad idea in hot weather
   b. boosts the amount of nutrients and oxygen delivered to your muscles
   c. prepares the body for a demanding workout

8. True or false: You have to lift weights to build strong muscles.

9. The three components to a well-balanced exercise routine are:
   a. Running, swimming, jumping
   b. Pushups, pull-ups, sit-ups
   c. Aerobic exercise, strength training, flexibility training
   d. Warming up, exercising, cooling down

10. Underline the activities that count as exercise:
    a. Playing soccer
    b. Walking a dog
    c. Texting a friend
    d. Dancing
    e. Riding a bike
    f. Playing video football
    g. Raking leaves
    h. Yoga
    i. Chewing gum
    j. Gardening
    k. Shooting hoops
    l. Clicking a remote control