



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz Answers

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: Any one of the following: dance, martial arts, gymnastics, pilates, yoga, stretching.
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    | X | Yoga     |
| Flexibility training | X | Swimming |
| Aerobic exercise     | X | 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. <u>Playing soccer</u> | e. <u>Riding a bike</u>   | i. Chewing gum               |
| b. <u>Walking a dog</u>  | f. Playing video football | <u>j. Gardening</u>          |
| c. Texting a friend      | <u>g. Raking leaves</u>   | <u>k. Shooting hoops</u>     |
| <u>d. Dancing</u>        | <u>h. Yoga</u>            | l. Clicking a remote control |