

Name _____

The Marvelous Benefits of Exercise

Multiple Choice Questions

1. What does exercise do for your muscles and bones?
 - a) Weakens them
 - b) Has no effect
 - c) Makes them stronger
 - d) Causes pain

2. Which type of exercise is best for improving cardiovascular health?
 - a) Yoga
 - b) Swimming
 - c) Meditation
 - d) Watching TV

3. How does exercise help reduce stress and anxiety?
 - a) By increasing the intake of junk food
 - b) By releasing endorphins
 - c) By promoting isolation
 - d) By making you more tired

4. What can regular exercise do for your sleep?
 - a) Make you sleep less
 - b) Improve the quality of your sleep
 - c) Increase nightmares
 - d) None of the above

5. Which benefit of exercise is related to building new friendships?
 - a) Improved cardiovascular health
 - b) Better sleep
 - c) Social interaction
 - d) Boosted self-esteem

