

Name _____

The Marvelous Benefits of Exercise

Short Answer Key

1. Exercise can improve self-esteem by helping individuals achieve fitness goals, leading to a sense of accomplishment and confidence.
2. Yoga is one type of exercise that can enhance flexibility and balance.
3. Physical activity increases blood flow to the brain, sharpening focus and concentration.
4. Exercise burns calories, aiding in weight management by helping individuals maintain a healthy body weight.
5. Regular exercise can improve sleep quality by helping individuals fall asleep faster and enjoy deeper, more restorative sleep.

