

Name _____

Exploring the Connection Between Exercise and Mental Health

Multiple Choice Questions

1. What are endorphins?
 - a) Stress hormones
 - b) Feel-good hormones
 - c) Sleep regulators
 - d) Digestive enzymes

2. How can exercise help with stress management?
 - a) By increasing stress levels
 - b) By releasing norepinephrine
 - c) By making you more anxious
 - d) By reducing sleep quality

3. What is one way exercise can boost your confidence?
 - a) By making you feel tired all the time
 - b) By helping you achieve fitness goals
 - c) By increasing stress levels
 - d) By avoiding social activities

4. How does exercise affect sleep?
 - a) It makes you sleep less
 - b) It has no effect on sleep
 - c) It improves sleep quality
 - d) It only affects daytime alertness

5. What is one social benefit of participating in group exercises?
 - a) Losing friends
 - b) Feeling lonely
 - c) Making new friends and building social connections
 - d) Avoiding social interactions

