

Name _____

Exploring the Connection Between Exercise and Mental Health

Short Answer

1. What are endorphins, and why are they called "feel-good" hormones?
2. How does exercise help boost self-esteem and confidence?
3. What role does exercise play in improving sleep quality?
4. Why is building social connections important for mental health?
5. Can you name a simple physical activity that can have a positive impact on mental health?

