

Name _____

Exploring the Connection Between Exercise and Mental Health

Short Answer Key

1. Endorphins are "feel-good" hormones that are released during exercise, making you feel happier.
2. Exercise helps boost self-esteem and confidence by providing a sense of accomplishment when you achieve fitness goals.
3. Exercise can improve sleep quality by promoting deeper and more restful sleep.
4. Building social connections through exercise is important for mental health because it helps combat loneliness and provides a support system.
5. Walking is a simple physical activity that can have a positive impact on mental health.

