

Name _____

The Magical Transformation: What Happens to Your Body When You Exercise

Multiple Choice Questions

1. What happens to your heart rate when you exercise?
 - a) It slows down
 - b) It remains the same
 - c) It increases
 - d) It stops beating

2. What is the purpose of sweating during exercise?
 - a) To cool down the body
 - b) To smell better
 - c) To keep the body warm
 - d) To make the skin shiny

3. What are endorphins, and what do they do in your body during exercise?
 - a) Endorphins are muscles
 - b) Endorphins are brain cells
 - c) Endorphins are feel-good chemicals that make you happier and more relaxed
 - d) Endorphins are tiny organisms living in your stomach

4. Why do your muscles become stronger after regular exercise?
 - a) Because they become smaller
 - b) Because they don't change
 - c) Because they experience tiny tears and repair themselves to become stronger
 - d) Because they turn into bones

5. Which type of exercise can improve flexibility?
 - a) Weightlifting
 - b) Stretching exercises
 - c) Swimming
 - d) Sitting for long hours

