

Name _____

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

Short Answer Key

1. Exercise helps with weight management by speeding up metabolism, burning calories, and maintaining a healthy body weight.
2. Stretching exercises help improve flexibility by increasing the range of motion of joints and reducing the risk of injuries.
3. Endorphins are feel-good chemicals that elevate mood by reducing stress and inducing a sense of well-being during and after exercise.
4. Bones become stronger with weight-bearing activities because the stress placed on them encourages them to become denser and more resilient.
5. Exercise benefits brain function by enhancing cognitive abilities such as memory, concentration, and problem-solving through increased blood flow and the release of neurotransmitters.

