

Name _____

Exercise Essentials: How Often Should You Get Moving?

Short Answer Key

1. Exercise benefits brain function by improving cognitive function, memory, and creativity due to increased blood flow and the release of feel-good hormones.
2. Children and teens should aim for at least 60 minutes of physical activity most days of the week.
3. Setting clear goals is essential when creating an exercise routine because it provides direction, motivation, and a way to measure progress.
4. If your exercise routine becomes monotonous, you can change activities, try new classes, or exercise with a friend to keep it exciting.
5. Exercise can improve sleep quality by reducing stress, anxiety, and promoting a sense of relaxation that aids in falling asleep and staying asleep.

