

Name _____

Move Your Way to Happiness: The Connection Between Physical Activity and Mental Well-being

Multiple Choice Questions

1. How does physical activity contribute to stress reduction?
 - a) By releasing endorphins
 - b) By causing sleep disturbances
 - c) By increasing stress levels
 - d) By decreasing concentration

2. Which neurotransmitters are associated with feelings of happiness and well-being and are increased through physical activity?
 - a) Endorphins and melatonin
 - b) Serotonin and dopamine
 - c) Adrenaline and cortisol
 - d) Glucose and insulin

3. What did Pablo Picasso enjoy as a physical activity to refresh his creativity and mental well-being?
 - a) Cycling
 - b) Dancing
 - c) Swimming
 - d) Playing chess

4. Why is finding physical activities that you genuinely enjoy important for nurturing mental well-being?
 - a) It ensures you become a professional athlete.
 - b) It guarantees weight loss.
 - c) It makes exercise more boring.
 - d) It keeps you motivated and engaged.

5. What is the key to incorporating physical activity into your daily routine?
 - a) Setting unrealistic goals
 - b) Exercising vigorously every day
 - c) Starting slow and finding activities you enjoy
 - d) Ignoring how your body feels during exercise

