

Name _____

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

Short Answer

1. How does physical activity contribute to better sleep, and why is this important for mental well-being?
2. Share one tip for building healthy habits related to physical activity.
3. What physical activity did Pablo Picasso particularly enjoy, and how did it impact his mental well-being?
4. Why is it crucial to listen to your body during physical activity, and what should you do if you feel discomfort or pain?
5. How can setting realistic fitness goals benefit your mental well-being?

