

Name \_\_\_\_\_

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

### Short Answer Key

1. Physical activity can contribute to better sleep by promoting relaxation and reducing stress, which are important for mental well-being. For example, a brisk walk in the evening can help you relax and improve your sleep quality.
2. One tip for building healthy habits related to physical activity is to set achievable fitness goals that you can work towards gradually.
3. Pablo Picasso particularly enjoyed swimming, which refreshed his creativity and mental well-being. It allowed him to clear his mind and find inspiration for his art.
4. It is crucial to listen to your body during physical activity to prevent injury and overexertion. If you feel discomfort or pain, you should stop and rest, and seek medical advice if necessary.
5. Setting realistic fitness goals can benefit your mental well-being by giving you a sense of accomplishment and boosting your self-esteem. It provides motivation to continue exercising.

