

Name _____

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

Open-Ended Response Answer Key

1. Answers may vary but could include: Engaging in physical activity can help manage stress by releasing endorphins and taking your mind off schoolwork. For example, you could go for a bike ride or play basketball to unwind and clear your thoughts.
2. Answers may vary but could include: Pablo Picasso's enjoyment of physical activity, particularly swimming, provided him with a refreshing break from his artistic work. It allowed him to relax, clear his mind, and return to his art with renewed creativity. His art benefited from the mental well-being that physical activity brought him.
3. Finding physical activities you genuinely enjoy is significant because it makes exercise more enjoyable and sustainable. When you enjoy an activity, you're more likely to stick with it, leading to consistent exercise routines that nurture your mental well-being.
4. One valuable benefit of physical activity and mental well-being is improved mood. Physical activity can boost your mood by increasing the production of neurotransmitters like serotonin and dopamine, making you feel happier and more positive. This benefit is valuable because it enhances overall well-being and happiness.

