

Name _____

Yoga's Magic Touch: How It Benefits Your Physical Health

Multiple Choice Questions

1. How does yoga improve flexibility?
 - a) By building muscles
 - b) By stretching and lengthening muscles
 - c) By increasing lung capacity
 - d) By reducing stress hormones

2. Which yoga pose can help enhance bone density?
 - a) Tree pose
 - b) Plank pose
 - c) Downward Dog
 - d) Cobra pose

3. Which aspect of yoga helps you become aware of your posture?
 - a) Breathing
 - b) Flexibility
 - c) Core strength
 - d) Balance and coordination

4. What role does proper breathing play in yoga?
 - a) It reduces stress and anxiety
 - b) It increases blood circulation
 - c) It builds lean muscles
 - d) It stimulates digestive organs

5. How does yoga affect the efficiency of oxygen exchange in the body?
 - a) It decreases lung capacity
 - b) It has no effect on oxygen exchange
 - c) It improves the efficiency of oxygen exchange
 - d) It reduces blood circulation

