

Name _____

Staying Motivated: The Secret to Regular Exercise

Multiple Choice Questions

1. What is the driving force that propels individuals to take action and achieve their fitness goals?
 - a) Exercise
 - b) Motivation
 - c) Rewards
 - d) Punishment

2. Which type of motivation is rooted in personal enjoyment and satisfaction?
 - a) Intrinsic motivation
 - b) Extrinsic motivation
 - c) Competitive motivation
 - d) Passive motivation

3. Why is setting clear goals important for staying motivated to exercise regularly?
 - a) Goals make exercise less enjoyable
 - b) Goals provide a sense of direction and purpose
 - c) Goals are not important for motivation
 - d) Goals lead to boredom

4. What can variety in workouts help prevent?
 - a) Motivation
 - b) Consistency
 - c) Boredom
 - d) Rewards

5. How can visualization contribute to staying motivated?
 - a) Visualization reduces confidence
 - b) Visualization helps track progress
 - c) Visualization boosts confidence and motivation
 - d) Visualization creates obstacles

