

Name \_\_\_\_\_

## The Amazing World of Exercise: Unveiling the Scientific Benefits

### Multiple Choice Questions

1. What is one physical health benefit of regular exercise?
  - a) Increased risk of cardiovascular diseases
  - b) Reduced bone density
  - c) Improved circulation and a stronger heart
  - d) Weaker muscles
  
2. How does exercise contribute to weight management?
  - a) By reducing metabolism
  - b) By increasing the risk of obesity
  - c) By burning calories and boosting metabolism
  - d) By promoting unhealthy eating habits
  
3. What is one mental health benefit of exercise?
  - a) Increased stress and anxiety levels
  - b) Worsened sleep quality
  - c) Improved mood and reduced stress
  - d) Reduced cognitive function
  
4. What is the recommended duration of moderate-intensity aerobic exercise per week according to the American Heart Association?
  - a) 30 minutes
  - b) 75 minutes
  - c) 150 minutes
  - d) 300 minutes
  
5. How can exercise contribute to improved social well-being?
  - a) By isolating individuals from social interactions
  - b) By causing stress and anxiety
  - c) By providing opportunities for social interaction and a sense of belonging
  - d) By reducing self-esteem

