

Date: _____

Name: _____

Class: _____

1 How can exercise help you live longer?

- A** By giving you immunity to certain viruses
- B** By strengthening your bones and nerves
- C** By reducing the risk of heart disease and diabetes
- D** By releasing endorphins that make you feel good

2 What is the main function of the circulatory system?

- A** To pump blood throughout the body
- B** To transmit chemical messages between the brain and the body
- C** To breathe in oxygen from the air outside
- D** To tone and strengthen your muscles

3 Oxygen has a beneficial effect on your body and brain. In the previous sentence, what does "beneficial" mean?

- A** Chemical
- B** Negative
- C** Unknown
- D** Positive

4 When you exercise, your brain releases hormones called endorphins. What is a synonym for "hormones"?

- A** Chemicals
- B** Electrical impulses
- C** Red blood cells
- D** Thoughts

5 Why isn't watching an exciting movie considered exercise?

- A** Because it can't help you relax
- B** Because it doesn't involve moving your body around
- C** Because it can't get your heart rate up
- D** Because you don't use oxygen when you watch a movie

6 Which of these statements is an opinion about fitness?

- A** Your body needs oxygen to function
- B** Exercise and nutrition can make you healthier and stronger
- C** Exercise can help you tone and firm your muscles
- D** Running is the best way to burn calories

7 Which of these is the best example of a nutritious meal?

- A** A meal that includes a variety of healthy foods
- B** A meal that contains 500 calories or fewer
- C** A meal that contains no carbohydrates whatsoever
- D** A meal that contains only protein

8 How can exercising the day before a big test help you?

- A** It will make your brain grow bigger, which makes you smarter
- B** It will make you more awake on the day of your test
- C** It will allow you to stay up all night studying
- D** It will help you relax and release stress

9 What can you infer from the fact that you can exercise by walking, or doing sit-ups in your room?

- A** Exercising outdoors can be dangerous to your health
- B** Buying a stationary bike or a treadmill is a waste of money
- C** If you want, you can exercise practically anywhere at anytime
- D** It's impossible to exercise outdoors during the winter

10 What might happen if you didn't exercise at all?

- A** You might become overweight
- B** You would save a lot of money
- C** Your body might be unhealthy, but your brain would become much healthier
- D** You would live a longer, healthier life