

Chapter 12 • Lesson 1 Benefits of Physical Activity**Lesson 1 Quiz**

I. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

 + 1. Physical activity is any form of movement that causes your body to use energy.
Exercise

 2. Movement is purposeful activity that is planned, structured, and repetitive and that improves or maintains physical fitness.

Self-esteem

 3. The increased stress that comes with physical fitness can help with your social life.

 + 4. A(n) sedentary life is a way of life that involves little physical activity.

Devotion

 5. One way to make time for physical activity is to combine it with recreation.

II. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

 B 6. The ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands is called

- a. mood enhancement. c. physical activity.
b. physical fitness. d. depression.

 C 7. Which is a way that physical activity benefits your cardiovascular system?

- a. Reduces the risk of developing fragile bones as you age
b. Stimulates your body to produce chemicals called endorphins
c. Strengthens the heart muscle so that it pumps blood more efficiently
d. Causes your lungs to work more efficiently

 C 8. Which choice is NOT a mental or emotional benefit provided by being physically active?

- a. Better sleep c. Increase in stress
b. Mood enhancement d. Improved self-esteem

 A 9. Physical activity can help you get along with others by helping you

- a. manage stress. c. become sedentary.
b. sleep fewer hours. d. gain weight.

 D 10. To lower the risks of many health problems, teens should aim for how many minutes of physical activity every day?

- a. 10 minutes c. 30 minutes
b. 20 minutes d. 60 minutes

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