

Chapter 7 Test, Exercise

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others. At the end is a short answer question.

1. Exercise is something that's always boring: True False
2. Being able to do something for a while means that you have _____.
3. Your body gets the energy to play hard from _____ and _____.
4. Exercise helps you sleep better at night: True False
5. If you're able to stretch easily, you have _____.
6. Exercise burns up extra _____ in your body. This can help you lose weight.
7. Exercise and playing can be the same thing: True False
8. This gives you more useful energy to exercise:
Doughnuts Soda Chips Nutritious foods
9. In a couple sentences, describe what exercise is? You can give some examples with your answer.

Fill in the blank choices:

Muscles
Calories
Flexibility
Gym class
Vitamins
Exercise
Endurance
Practice
Minerals
Sitting around