

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. Your brain produces _____ during exercise: Water Oxygen Energy Endorphins
2. If you're able to bend easily, you have _____.
3. How much exercise should kids your age get every day? _____
4. If you exercise regularly, you are less likely to become:
Overweight Underweight An adult Good at sports
5. If you notice that your muscles are stronger, you've built up _____.
6. You cannot get any good exercise if you're stuck indoors: True False
7. People who can do an activity for a while have _____.
8. Is it okay to break up the time you exercise into a couple smaller amounts of time?
Yes No
9. Exercise can put you in a good mood: True False
10. In no more than a couple sentences, describe what exercise is.

Fill in the blank choices:

Endurance
Exercise
About three hours
Strength
Practice
Mood
At least one hour
Overweight
Flexibility
Energy