

Name _____

Period _____

Date _____

PHYSICAL, MENTAL, AND EMOTIONAL BENEFITS OF EXERCISE

PHYSICAL BENEFITS

1. By simply walking for 30 minutes a day, you can live _____ years longer.
2. The number ONE predictor of death is:
 - a) Smoking
 - b) Being obese
 - c) High Blood Pressure
 - d) Inactivity (no exercise)
3. Being thin and never exercising is more dangerous to your health than being obese and exercising. **TRUE/FALSE**
4. Exercise helps to _____ your body's system for processing food and waste.
5. Eating right but NOT exercising is just as effective as exercising and NOT eating right **TRUE/FALSE**

MENTAL BENEFITS

1. Everything we know, feel, and experience starts in the _____.
2. When you exercise, endorphins (which make you feel good) are made in the _____ and pumped out at a _____ rate to the rest of your body, which is why you feel _____, _____, _____ when you exercise.

3. Sadly, scientists have found that as you get older, if you do not exercise your brain actually _____

EMOTIONAL BENEFITS

1. Scientists have found that exercise is as effective at fighting depression as medicine. **TRUE/FALSE**
2. Scientists have found that medication is just as effective at fighting stress as exercise. **TRUE/FALSE**
3. Anxiety in its most basic form is _____.
4. In one study, exercise reduced unhealthy anxiety by _____ %.

SUM IT ALL UP...

After hearing about all of the ways exercise can benefit your body and mind, is there any one area of your life (mental, physical, emotional) that you think exercise might be able to help you? Explain how and why.