



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

1. What are the three components to a well-balanced exercise routine?

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2. Teens should get at least \_\_\_\_\_ minutes of moderate to vigorous physical activity each day.

3. When you exercise, you burn \_\_\_\_\_ as fuel.

- a. endorphins
- b. calories
- c. oxygen

4. Exercising to maintain a healthy weight decreases a person's risk of developing certain illnesses, such as:

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5. \_\_\_\_\_ is any type of exercise that gets the heart pumping and the muscles using oxygen.

6. Which burns more energy when a person is at rest — muscle or fat? \_\_\_\_\_

7. List three benefits of strength training.

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8. \_\_\_\_\_ is a condition that occurs when a person loses more fluids than he or she takes in.

9. How does weight-bearing exercise (like running or brisk walking) help prevent osteoporosis?

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10. List two ways aerobic exercise helps the heart.

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