

9. Benefit(s) of exercise:

- A. Making more friends
- B. Reducing pressure
- C. Contributing to a healthy body and increasing self-confidence
- D. All of the above

10. Which of the following is not a reason why exercise helps reduce pressure?

- A. Easing anxiety
- B. Building a good self-image
- C. Increasing metabolism and contributing to a healthy body
- D. Venting anger

Name of student: _____

Class: _____

Date: _____

Score: _____