

Chapter 12 • Lesson 1 Benefits of Physical Activity**Lesson 1 Quiz**

I. Directions Write a plus (+) in the space provided if the statement is true. If the statement is false, cross out the underlined word or phrase and write the correct word or phrase in the space provided.

 + 1. Physical activity is any form of movement that causes your body to use energy.
Exercise

 2. Movement is purposeful activity that is planned, structured, and repetitive and that improves or maintains physical fitness.

Self-esteem

 3. The increased stress that comes with physical fitness can help with your social life.

 + 4. A(n) sedentary life is a way of life that involves little physical activity.

Devotion

 5. One way to make time for physical activity is to combine it with recreation.

II. Directions In the space provided, write the letter of the choice that best completes the statement or answers the question.

 B 6. The ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands is called

- a. mood enhancement. c. physical activity.
b. physical fitness. d. depression.

 C 7. Which is a way that physical activity benefits your cardiovascular system?

- a. Reduces the risk of developing fragile bones as you age
b. Stimulates your body to produce chemicals called endorphins
c. Strengthens the heart muscle so that it pumps blood more efficiently
d. Causes your lungs to work more efficiently

 C 8. Which choice is NOT a mental or emotional benefit provided by being physically active?

- a. Better sleep c. Increase in stress
b. Mood enhancement d. Improved self-esteem

 A 9. Physical activity can help you get along with others by helping you

- a. manage stress. c. become sedentary.
b. sleep fewer hours. d. gain weight.

 D 10. To lower the risks of many health problems, teens should aim for how many minutes of physical activity every day?

- a. 10 minutes c. 30 minutes
b. 20 minutes d. 60 minutes

Answers Of Reteaching Activity 12

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Turner**

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Table of Contents Answers Of Reteaching Activity 12

1. Understanding the eBook Answers Of Reteaching Activity 12
 - The Rise of Digital Reading Answers Of Reteaching Activity 12
 - Advantages of eBooks Over Traditional Books
2. Identifying Answers Of Reteaching Activity 12
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Answers Of Reteaching Activity 12
 - User-Friendly Interface
4. Exploring eBook Recommendations from Answers Of Reteaching Activity 12
 - Personalized Recommendations
 - Answers Of Reteaching Activity 12 User Reviews and Ratings
 - Answers Of Reteaching Activity 12 and Bestseller Lists
5. Accessing Answers Of Reteaching Activity 12 Free and Paid eBooks
 - Answers Of Reteaching Activity 12 Public Domain eBooks

- Answers Of Reteaching Activity 12 eBook Subscription Services
- Answers Of Reteaching Activity 12 Budget-Friendly Options
- 6. Navigating Answers Of Reteaching Activity 12 eBook Formats
 - ePub, PDF, MOBI, and More
 - Answers Of Reteaching Activity 12 Compatibility with Devices
 - Answers Of Reteaching Activity 12 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Answers Of Reteaching Activity 12
 - Highlighting and Note-Taking Answers Of Reteaching Activity 12
 - Interactive Elements Answers Of Reteaching Activity 12
- 8. Staying Engaged with Answers Of Reteaching Activity 12
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Answers Of Reteaching Activity 12
- 9. Balancing eBooks and Physical Books Answers Of Reteaching Activity 12
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Answers Of Reteaching Activity 12
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Answers Of Reteaching Activity 12
 - Setting Reading Goals Answers Of Reteaching Activity 12
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Answers Of Reteaching Activity 12
 - Fact-Checking eBook Content of Answers Of Reteaching Activity 12
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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