

1. **What is one short-term benefit of regular exercise?**
 - a) Increased risk of heart disease
 - b) Improved sleep
 - c) Decreased energy levels
 - d) Higher blood pressure

2. Exercise has no effect on mood.
True

False

3. **Which of the following is a long-term benefit of regular exercise?**
 - a) Increased risk of stroke
 - b) Reduced risk of diabetes
 - c) Decreased bone density
 - d) Higher cholesterol levels

4. **How often should adults aim to engage in moderate-intensity exercise?**
 - a) Once a week
 - b) 150 minutes per week
 - c) 30 minutes per month
 - d) 60 minutes per day