Health Bell Work 1/26 and 1/27 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Class period\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Physical fitness benefits your mental health because it

 A) releases chemicals in your brain to make you sleepy.

 B) causes stress.

 C) gives you confidence.

 D) strengthens your heart and lungs.

2. Which is an example of social health?

 A) doing yoga with a videotape

 B) riding a bicycle to school

 C) running laps with your friends

 D) stretching after a long run

3. Which is NOT a benefit of drinking water during a workout?

 A) You are more alert.

 B) Your endurance is greater.

 C) Your concentration is greater.

 D) You get muscle cramps.

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