

EXERCISE MAKES YOU HAPPY

Circle the correct answer then place your completed quiz in the
Suggestion Box by 26 August 2015

There are six chemicals released during exercise.

True / False

Endorphins are the "fight or flight" hormone.

True / False

Exercise does not cause the brain to respond positively.

True / False

Endorphins bind to opioid receptors to block pain.

True / False

Stressful jobs can cause Cortisol levels to increase.

True / False

FULL NAME: _____

TELEPHONE _____