



Faithgirlz... Your Body is a Temple

The Real Scoop Quiz

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? - 1 Corinthians 6:19

Exercise is one of the most important ways you can keep your “temple” in great condition. Give yourself a hug and go for it! Just to get you pumped up, here’s what exercise does for you. Exercise:

- o gives you energy and staying power so you can do all the cool things you want to do.
- o helps you sleep.
- o makes your muscles stronger and more flexible.
- o makes your eyes sparkle and your skin glow.
- o builds your confidence and helps you to be positive!

Check out this quiz to help figure out how much exercise you need and what kind will work best for you. Under each question, pick the answer that comes closest to describing you. There are no right or wrong answers, so be honest.

I would rather

- a. play on a sports team.
- b. do gymnastics or cheers in the backyard with my friends.
- c. read a book on a porch swing.



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If I could have a new, top-of-the-line item, it would be

- a. soccer cleats, a basketball hoop, or a softball glove.
- b. a bike, inline skates, or snorkeling gear.
- c. an iPod, a cell phone, or a digital camera.

If my friend's family invited me to go on a daylong hike with them, I would

- a. be totally jazzed.
- b. say yes, but wonder if I could actually hike for a whole day.
- c. say no and wish they'd invited me to a movie marathon instead.

If we had to run a track in gym class, I

- a. wouldn't be able to talk because I would be running so hard.
- b. would be able to talk but not sing because I would be running.
- c. could probably sing a whole musical because I'd be strolling.

When I'm exercising my favorite way, I think about

- a. winning or beating my own personal best.
- b. what a blast I'm having.
- c. um- I don't have a favorite exercise.

Count up your a's, b's, and c's.

____ a's
____ b's
____ c's

Now check the website for the answer key!