

**Give as complete an answer as possible for 2 of the following questions:**

- 1) Does exercise reduce the risk of cancer? **Explain.**
- 2) Is exercise good for diabetes? **Explain.**
- 3) Is exercise good for osteoporosis? **Explain.**
- 4) Is exercise good for your immune system? **Explain.**
- 5) Is exercise good for mental health? **Explain.**