Sport & exercise

Regular physical activity is good for your body, reducing the risk that you’ll develop high blood pressure, heart disease, colon cancer or diabetes.

Exercise is also good for your mind. Regular activity can reduce stress, anxiety and depression. Plus, staying active helps people maintain their strength, flexibility and endurance as they age.

Kids & the media

**Kids and the media** is a growing concern. Even very young children in our society get a big daily dose of television, video games and music lyrics. While such media can provide education and entertainment, they can also damage children. Research shows that exposure to violent media can result in aggressive attitudes and violent behavior in some children and adolescents

Shyness

**Shyness** is the tendency to feel awkward, worried or tense during social encounters, especially with unfamiliar people. Severely shy people may have physical symptoms like blushing, sweating, a pounding heart or upset stomach; negative feelings about themselves; worries about how others view them; and a tendency to withdraw from social interactions.

Most people feel shy at least occasionally. Some people’s shyness is so intense, however, that it can keep them from interacting with others even when they want or need to— leading to problems in relationships and at work

Intelligence

**Intelligence** refers to intellectual functioning. Intelligence quotients, or IQ tests, compare your performance with other people your age who take the same test. These tests don’t measure all kinds of intelligence, however. For example, such tests can’t identify differences in social intelligence, the expertise people bring to their interactions with others. There are also generational differences in the population as a whole. Better nutrition, more education and other factors have resulted in IQ improvements for each generation.