Name _____

The Marvelous Benefits of Exercise

Open-Ended Response Questions

1. Describe a specific exercise routine that you think would be beneficial for someone looking to reduce stress and anxiety.

2. How can exercise be incorporated into daily life for long-term health benefits?

3. Share a personal experience where exercise helped you achieve a fitness goal and boosted your confidence.

4. Discuss the importance of social interaction in group exercises and its impact on motivation and enjoyment.

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