

Name _____

The Marvelous Benefits of Exercise

Open-Ended Response Answer Key

1. Responses may vary but could include suggestions like practicing mindfulness through yoga, going for nature walks, or engaging in calming activities like tai chi.
2. Exercise can be incorporated into daily life by taking the stairs instead of the elevator, walking or biking to nearby places, and setting aside dedicated time for workouts.
3. Personal experiences will vary, but examples could include achieving a weight loss goal, completing a challenging race, or mastering a new fitness skill.
4. Social interaction in group exercises provides a sense of community and camaraderie, making workouts more enjoyable and motivating.

