

Name _____

Aerobic Adventures: Discovering the Magic of Cardio Exercise

Multiple Choice Questions

1. What does the term "aerobic" mean in the context of aerobic exercise?
 - a) Without oxygen
 - b) With oxygen
 - c) Heavy lifting
 - d) Slow movement

2. Which of the following is NOT a health benefit of aerobic exercise?
 - a) Improved cardiovascular health
 - b) Increased risk of heart disease
 - c) Better mood
 - d) Lowered risk of chronic diseases

3. Why is it important to warm up and cool down before and after aerobic exercise?
 - a) It makes exercise more challenging
 - b) It prevents injuries
 - c) It doesn't have any effect on exercise
 - d) It increases heart rate

4. How does aerobic exercise affect lung capacity?
 - a) It decreases lung capacity
 - b) It has no effect on lung capacity
 - c) It increases lung capacity
 - d) It makes breathing difficult

5. What is one way to stay consistent with aerobic exercise?
 - a) Change your exercise routine daily
 - b) Exercise only on weekends
 - c) Set achievable goals
 - d) Skip exercise when you don't feel like it

