Name _____

Aerobic Adventures: Discovering the Magic of Cardio Exercise

Short Answer

1. How does aerobic exercise benefit cardiovascular health?

2. What role do endorphins play in the mood improvement associated with aerobic exercise?

3. Can you name three examples of aerobic exercises?

4. Explain the importance of setting realistic goals in aerobic exercise.

5. Why is consistency crucial for reaping the benefits of aerobic exercise?

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