

Name _____

Aerobic Adventures: Discovering the Magic of Cardio Exercise

Open-Ended Response Questions

1. Share a personal experience of how aerobic exercise has positively impacted your life and health.
2. Describe a warm-up routine that can be used before an aerobic workout.
3. Discuss the relationship between aerobic exercise and weight management, providing examples.
4. Explain the concept of lung capacity and how it can be enhanced through aerobic exercise.

