

Name _____

Aerobic Adventures: Discovering the Magic of Cardio Exercise

Short Answer Key

1. Aerobic exercise benefits cardiovascular health by strengthening the heart, lowering blood pressure, and keeping blood vessels healthy.
2. Endorphins are natural mood boosters that reduce stress, anxiety, and symptoms of depression during and after aerobic exercise.
3. Three examples of aerobic exercises are running, swimming, and dancing.
4. Setting realistic goals in aerobic exercise is important because it helps you stay motivated and track your progress.
5. Consistency is crucial for reaping the benefits of aerobic exercise because regular workouts build endurance and improve health over time.

