

Name \_\_\_\_\_

## Aerobic Adventures: Discovering the Magic of Cardio Exercise

### Open-Ended Response Answer Key

1. Responses may vary but could include stories of weight loss, improved mood, increased energy levels, or enhanced overall fitness due to aerobic exercise.
2. A warm-up routine might include light jogging, jumping jacks, and dynamic stretches to prepare the body for aerobic activity.
3. Aerobic exercise aids weight management by burning calories and maintaining a healthy weight. For example, running for 30 minutes burns calories and helps with weight loss or maintenance.
4. Lung capacity is the amount of air your lungs can hold and how effectively they can deliver oxygen to the body. Aerobic exercise, like brisk walking or cycling, can increase lung capacity over time by making your lungs work harder and more efficiently.

