

Name \_\_\_\_\_

## The Magical Transformation: What Happens to Your Body When You Exercise

### Open-Ended Response Questions

1. Share a personal experience where you felt the positive effects of endorphins during or after exercise.
2. Describe a simple stretching routine that can be done before and after exercise to improve flexibility.
3. Discuss the importance of weight-bearing activities for bone health and provide examples of such activities.
4. Explain the concept of metabolism and how exercise can influence it for better weight management.

