

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Responses may vary, but examples could include feeling a sense of happiness and reduced stress after a challenging workout or experiencing a mood lift during a group exercise class.
2. A simple stretching routine might include exercises like toe touches, shoulder stretches, and leg stretches to improve flexibility.
3. Weight-bearing activities, like walking, running, or dancing, put stress on bones, prompting them to become denser and stronger, reducing the risk of fractures and osteoporosis.
4. Metabolism is the rate at which the body burns calories for energy. Exercise can increase metabolism, helping with weight management by burning more calories and maintaining a healthy body weight.

