

Name \_\_\_\_\_

## Exercise Essentials: How Often Should You Get Moving?

### Open-Ended Response Questions

1. Share a personal fitness goal and how you plan to achieve it through your exercise routine.
2. Describe a weekly exercise schedule that incorporates both cardiovascular and strength training for an adult with a busy lifestyle.
3. Explain why flexibility in your exercise routine is crucial for long-term success and adherence.
4. Discuss the role of motivation and support systems in maintaining a consistent exercise routine.

