

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Responses may vary but could include goals like weight loss, muscle gain, or running a certain distance, along with plans such as specific workouts and dietary changes.
2. A sample weekly exercise schedule for a busy adult might include cardio exercises like jogging or cycling on Monday, Wednesday, and Friday, and strength training on Tuesday and Thursday, with the weekend as rest days.
3. Flexibility in an exercise routine is crucial for long-term success because it allows for adaptation to changing circumstances, prevents burnout, and keeps workouts enjoyable.
4. Motivation and support systems, such as workout buddies or fitness apps, play a vital role in maintaining a consistent exercise routine by providing encouragement, accountability, and a sense of community.

