

Name \_\_\_\_\_

## Muscle Magic: Exploring Strength Training and Its Health Benefits

### Open-Ended Response Questions

1. Share a personal experience where strength training improved your overall well-being and health.
2. Describe a balanced strength training routine that targets all major muscle groups.
3. Discuss the importance of consistency in strength training and its impact on achieving fitness goals.
4. Explain how strength training can benefit individuals of different age groups, from teenagers to older adults.

