

Name _____

Balancing Act: Exercise and Rest Days

Multiple Choice Questions

1. Why does your body need time to recover from exercise?

- a) To burn more calories
- b) To prevent muscle growth
- c) To repair muscle tears and prevent overtraining
- d) To increase exercise performance

2. What is overtraining, and why is it harmful?

- a) Overtraining is excessive rest between workouts, and it's beneficial for muscle growth.
- b) Overtraining is pushing your body too hard without adequate recovery, leading to fatigue and potential injuries.
- c) Overtraining is a type of high-intensity workout that enhances endurance.
- d) Overtraining is a myth; you can exercise intensely every day without any issues.

3. What happens to your muscles during rest days?

- a) They shrink
- b) They become weaker
- c) They repair tiny tears and become stronger
- d) They require more exercise to recover

4. Which factor does not influence how many rest days you need?

- a) Type of exercise
- b) Fitness level
- c) Body temperature
- d) Listening to your body's signals

5. What are active rest days?

- a) Days when you sit and do nothing
- b) Days when you engage in intense workouts
- c) Days when you do light activities that promote recovery
- d) Days when you eat a lot without exercising

