Name _____

Balancing Act: Exercise and Rest Days

Short Answer

1. How can you determine if your body needs a rest day?

2. What are the benefits of active rest days, and why are they better than complete rest for recovery?

3. Why is it important to listen to your body's signals when deciding if you need a rest day?

4. What are some examples of light activities suitable for active rest days?

5. When should you consider seeking guidance from a fitness professional regarding rest days?

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