Name _____

Balancing Act: Exercise and Rest Days

Open-Ended Response Questions

1. Share a personal experience where taking adequate rest days positively impacted your exercise routine and overall well-being.

2. Discuss the concept of "pushing through" versus "listening to your body" during exercise, and provide reasons why listening to your body is essential.

3. Describe the potential consequences of overtraining and how it can hinder fitness progress.

4. Explain how a personalized workout plan created by a fitness professional can help individuals strike the right balance between exercise and rest.

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