

Name _____

Balancing Act: Exercise and Rest Days

Multiple Choice Answer Key

1. c) To repair muscle tears and prevent overtraining
2. b) Overtraining is pushing your body too hard without adequate recovery, leading to fatigue and potential injuries.
3. c) They repair tiny tears and become stronger
4. d) Listening to your body's signals
5. c) Days when you do light activities that promote recovery

