

Name _____

Balancing Act: Exercise and Rest Days

Short Answer Key

1. Possible Answer: You can determine if your body needs a rest day by paying attention to signs of fatigue, soreness, decreased performance, and listening to your body's signals of exhaustion.
2. Possible Answer: Active rest days promote recovery by encouraging blood flow and reducing muscle stiffness. They are better than complete rest because they prevent inactivity-related discomfort and stiffness.
3. Possible Answer: It's important to listen to your body's signals to avoid overtraining and injury. Pushing through when your body needs rest can lead to fatigue, decreased performance, and potential harm.
4. Possible Answer: Examples of light activities for active rest days include walking, gentle yoga, swimming, or easy cycling. These activities promote recovery without overexertion.
5. Possible Answer: Seeking guidance from a fitness professional is advisable if you're unsure about how many rest days you need, if you have specific fitness goals, or if you've experienced recurring issues related to exercise and recovery.

