

Name _____

Balancing Act: Exercise and Rest Days

Open-Ended Response Answer Key

1. Possible Answer: (Personal experiences will vary) Taking rest days allowed me to recover from intense workouts, reducing soreness and fatigue. It helped me stay motivated and prevented burnout, ultimately improving my long-term fitness progress.
2. Possible Answer: "Pushing through" means ignoring signs of fatigue and continuing to exercise intensely, while "listening to your body" involves recognizing when you need rest. Listening to your body is crucial because overexertion can lead to injuries, burnout, and decreased performance.
3. Possible Answer: Overtraining can lead to fatigue, muscle soreness, decreased exercise performance, mood changes, and increased risk of injuries. It hinders fitness progress by impeding recovery and potentially causing setbacks in training.
4. Possible Answer: A fitness professional can assess an individual's fitness level, goals, and recovery needs. They can design a customized workout plan that includes the right balance of exercise and rest days, optimizing progress while reducing the risk of overtraining and injuries.

