

Name \_\_\_\_\_

## The Amazing World of Exercise: Unveiling the Scientific Benefits

### Short Answer

1. How does exercise impact insulin sensitivity and glucose regulation?
2. Why is it important to customize your exercise routine based on individual goals and preferences?
3. Describe a scenario where group exercise activities can enhance social well-being.
4. What is the recommended frequency for muscle-strengthening activities according to the American Heart Association?
5. How can exercise help improve self-esteem and self-confidence?

