

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Share a personal experience where regular exercise significantly improved your mental well-being.
2. Explain the importance of setting clear goals when customizing an exercise routine and provide an example of a fitness goal.
3. Discuss the role of professional guidance in creating a safe and effective exercise routine, especially for beginners.
4. Describe a balanced exercise routine that includes both aerobic and muscle-strengthening activities and how it can benefit overall health.

