

Name _____

The Amazing World of Exercise: Unveiling the Scientific Benefits

Short Answer Key

1. Exercise improves insulin sensitivity and glucose regulation by helping cells use glucose more effectively and lowering blood sugar levels.
2. Customizing your exercise routine based on individual goals and preferences is important to ensure that you enjoy your workouts and stay motivated.
3. Group exercise activities can enhance social well-being by creating a sense of community, promoting teamwork, and providing opportunities for social interaction and support.
4. The American Heart Association recommends muscle-strengthening activities at least two days a week.
5. Exercise can improve self-esteem and self-confidence by promoting a sense of accomplishment, enhancing physical fitness, and providing opportunities to set and achieve goals.

