

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Responses may vary but could include stories of reduced stress, improved mood, or better sleep due to regular exercise.
2. Setting clear goals in an exercise routine is important because it provides motivation, direction, and a way to measure progress. An example of a fitness goal could be running a 5K race within three months.
3. Professional guidance is crucial for creating a safe and effective exercise routine, especially for beginners, as it ensures proper form, reduces the risk of injury, and tailors the routine to individual needs and limitations.
4. A balanced exercise routine that includes both aerobic and muscle-strengthening activities can benefit overall health by improving cardiovascular fitness, building muscle strength, and promoting a healthy body composition. An example routine might include cardio workouts like jogging or cycling on alternating days with strength training exercises using weights or resistance bands.

