

Name _____

Mike Gets in Serious Shape

Short Answer Questions Answers

1. Mike initially had a negative attitude towards exercise but gradually became addicted to it and transformed into a fitness enthusiast.
2. The obstacle course challenge involved crawling through mud, climbing walls, and jumping over fire. Mike and his friends tackled it with enthusiasm, laughing and cheering each other on.
3. Mike underwent a physical transformation, becoming stronger and more muscular. He also developed a newfound love for fitness and exercise.
4. Mike continued to encourage others to start their fitness journeys because he wanted to inspire and support them in experiencing the positive changes he had undergone.
5. One possible lesson from Mike's fitness journey is that with determination, perseverance, and the support of friends, anyone can achieve their fitness goals and transform their life.

