

Name _____

Mike Gets in Serious Shape

Open Ended Questions Answers

1. The story of Mike's fitness journey underscores the importance of determination and perseverance in achieving one's goals. Despite initial challenges and discomfort, Mike continued to push himself and eventually saw significant improvements in his fitness and overall well-being.
2. Camaraderie and support from friends played a crucial role in Mike's transformation. They motivated each other, shared the challenges, and celebrated the successes, creating a positive and encouraging environment that contributed to their fitness progress.
3. Answers will vary based on personal experiences or stories shared. Students can discuss the motivations and transformations of individuals they know who embarked on fitness journeys.
4. People often hesitate to start a fitness journey due to various reasons, such as fear of failure, lack of motivation, or feeling overwhelmed by the perceived difficulty. Overcoming these barriers can be challenging, but stories like Mike's show that the initial discomfort is worth the long-term benefits of improved health and fitness.

