

Name _____

Prep and Recovery: The Marvelous Benefits of Warm-ups and Cool-downs

Multiple Choice Questions

1. What is the primary purpose of a warm-up before exercise?
 - a) To cool down the body
 - b) To gradually increase heart rate and blood flow
 - c) To flush toxins from muscles
 - d) To reduce muscle soreness

2. Why is it essential to perform cool-down exercises after a workout?
 - a) To increase heart rate rapidly
 - b) To prepare the body for exercise
 - c) To gradually lower heart rate and prevent dizziness
 - d) To build muscle strength

3. Which of the following is a benefit of warm-ups and cool-downs?
 - a) Enhanced joint friction
 - b) Increased risk of muscle cramps
 - c) Improved muscle flexibility
 - d) Reduced muscle elasticity

4. How do warm-ups contribute to injury prevention?
 - a) By making muscles less pliable
 - b) By abruptly lowering heart rate
 - c) By gradually increasing heart rate and blood flow
 - d) By increasing the risk of muscle soreness

5. What is one benefit of cooling down after exercise related to muscle soreness?
 - a) Increased muscle soreness
 - b) Reduced muscle stiffness
 - c) Enhanced muscle elasticity
 - d) Faster recovery

