

Name \_\_\_\_\_

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

### Open-Ended Response Questions

1. Share a personal experience where warm-ups and cool-downs significantly improved your exercise routine or helped prevent an injury.
2. Describe a sample warm-up routine for someone preparing for a high-intensity workout.
3. Discuss the importance of hydration during the cool-down phase and its impact on post-exercise recovery.
4. Explain how the mental aspect of warm-ups and cool-downs can enhance your overall exercise experience and motivation.

