

Name _____

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

Short Answer Key

1. It's essential to gradually increase the intensity of warm-up exercises to prepare the body for more intense physical activity and avoid sudden stress on muscles and joints.
2. One low-intensity activity that can be included in a cool-down routine is gentle walking.
3. Warm-ups improve muscle flexibility by increasing muscle elasticity and making muscles more pliable.
4. Static stretching during the cool-down phase helps maintain and improve muscle flexibility, reducing the risk of muscle stiffness and improving overall flexibility.
5. Mental relaxation and reflection in warm-ups and cool-downs help improve focus, set workout intentions, and enhance the overall exercise experience.

