

Name _____

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

Open-Ended Response Answer Key

1. Responses may vary but could include stories of reduced muscle soreness, injury prevention, or improved focus and motivation due to warm-ups and cool-downs.
2. A sample warm-up routine for a high-intensity workout might include 5 minutes of light jogging, followed by dynamic stretches for major muscle groups.
3. Hydration during the cool-down phase is crucial for replenishing lost fluids, aiding in muscle recovery, and reducing the risk of dehydration-related issues.
4. The mental aspect of warm-ups and cool-downs can enhance exercise experience by providing a moment of mindfulness, setting workout intentions, and promoting a positive attitude towards physical activity.

