

Name: _____

Date: _____

Fitness Exercises

1. What are five physical advantages of exercising?

2. How does exercise benefit your mental health?

3. How does exercise positively impact your emotional well-being?

4. How does being active contribute to social well-being?

5. How are physical fitness and exercise related, and what sets them apart?

6. How do muscular endurance and cardiovascular endurance differ?

7. Which fitness component is involved when you lean over?

8. Which fitness aspect is utilized when you lift your books?
