

Name: _____

You're Getting Warmer

Directions: Read the article “Warming Up to Warm-Ups” (page 16). Then consider the fictional teens in the box below. Each is about to exercise. Using the facts in the story, as well as your teacher’s suggestions, any firsthand knowledge you already have, and research in books or online, suggest some good warm-ups for each teen’s activity. The first one has been filled out for you as an example.

TEEN	ACTIVITY	WARM-UPS
Christine	Jogging	Easy walking that gradually speeds up; dynamic stretching of leg muscles
Frank	Soccer	_____ _____ _____
Raquel	Swimming	_____ _____ _____
Troy	Gymnastics	_____ _____ _____