**Exercising Safely**

1. What makes up a warm-up for exercise? What are the benefits of completing a warm-up?
2. How should one cool down after exercising? What are the benefits of a cool down? What two phases should be included in a cool down?
3. What happens to body temperature when you exercise? How does your body regulate its temperature? Explain how sweating prevents overheating of the body.
4. What is dehydration? How can you avoid dehydration?
5. What does the phrase fluid balance mean in relation to the body?
6. Describe a mild heat illness. How can they be avoided and treated?
7. Describe heat exhaustion. How can it be treated and avoided?
8. Describe heat stroke. How can it be treated and avoided?
9. How can clothing choices help someone avoid heat illnesses?
10. What is the Heat stress index and how is it helpful to those people who exercise?

11. Explain some factors to take into consideration when purchasing shoes for exercise.