

Dear Fitness Friend:

I'm young and rarely get sore after exercising. So why bother stretching?

Dear Fitness Friend:

I want to improve my cardio
(heart and lung endurance).

What exercises should I do?

Dear Fitness Friend:

What exactly is the
purpose/benefit of a cool down?

Dear Fitness Friend:

How do I know what type of workout program is best for me?

People have told me to follow the F.I.T.T principle. What is that?

Dear Fitness Friend:

My PE teacher always makes us
warm up before we play 😞 Why
bother?

Dear Fitness Friend:

I always hear about aerobic and anaerobic exercise. What does this mean? Can you give me examples of each type?

Dear Fitness Friend:

I want to improve my overall fitness. My PE teacher told me to focus on the FIVE elements of fitness. What are they?