Assignment 2.2

Sports Magazine Article

**Name:**

**Date:**

**Directions:** Imagine you have been hired as a fitness expert for a popular sports magazine. For next month's issue, you have been asked to write an article about warming up and cooling down. Your article should be at least three paragraphs long. You may want to refer back to the lessons and the links in the "Sprint" section. You should include the following information in your article:

* A catchy title
* The importance of warming up and cooling down
* The physiological benefits of warming up and cooling down
* The mental and emotional benefits of warming up and cooling down
* Tips and hints about the proper way to warm up and cool down
* Information about when and how to stretch

You can type your assignment below or directly into the electronic form within the course (if provided).