Please respond to the following questions.  Type the questions as well as the answers.  
[From the Eliopoulos text]  
1.  What is the difference between aerobic exercise and muscle-strengthening exercise?  
2.  What are "energy-building exercises"?  Describe and explain.  
3.  What does Eliopoulos mean, "Labor-saving devices are not life-saving"?  
4.  List at least 10 benefits of regular physical activity.  
5.  Practice "Rib Cage Breathing."  Describe how your body feels.  
6.  Describe the yin and yang of exercise.  
7.  How is deep, belly breathing related to the lymphatic system?  
8.  How are relationships related to the immune system?  
9.  List and briefly describe five ways to boost immunologic health.  
  
[From the Seaward text]  
10.  List and then briefly describe, a minimum of three things which you consider new information (to you) or important information (to you).