Chapter – 02 Physical Fitness, Wellness and Lifestyle

(a) Meaning and Importance of physical fitness, wellness and lifestyle

Meaning of Physical fitness: Physical fitness means the capacity to do the routine work without any fatigue or exertion and after doing the work the person has power to do some more work and recovery is quicker.

Wellness: Wellness is the capacity of an individual by which he leads a balanced life

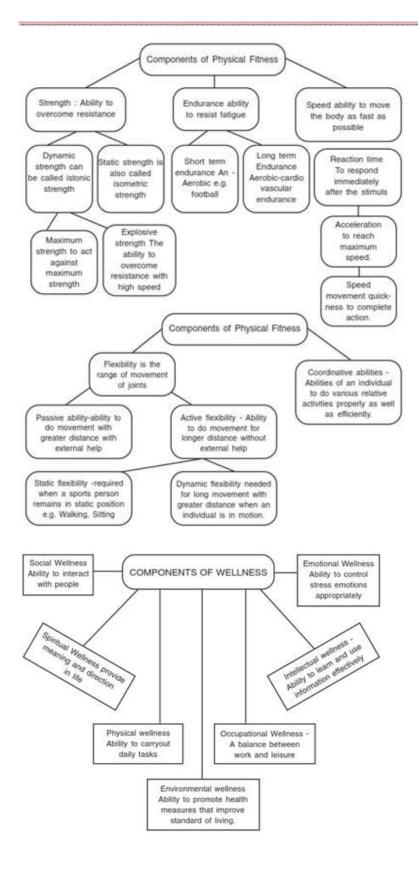
Life style: A way of life or style of living that reflects the attitude and values of a person or group

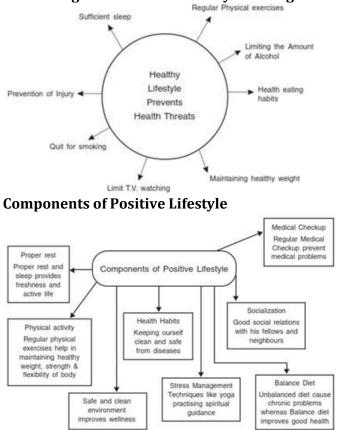
TO LIVE LONG AND HEALTHY LIFE SHARP ENUOY LIFE MORE IMPORTANCE OF PHYSIAL FITNESS IMPROVE KEEP BOD BOOST ENERGY STRENGTH AND STAMINA MAKE BONES Active life without stress Improves health Become active member of society IMPORTANCE OF Good citizen WELLNESS Achieve optimum growth and development - Healthy and happy life Improve Abilities IMPORTANCE OF HEALTHY LIFESTYLE Reduce Health Enabling you better cope up problems with stress

Importance of physical fitness, wellness and lifestyle

Components of Physical Fitness

There are five physical fitness components. They are directly or indirectly related to each other.





Preventing Health threats Lifestyle through Lifestyle changes Regular Physical exercises