

Revision Notes

Chapter 2

PHYSICAL FITNESS, WELLNESS AND LIFESTYLE

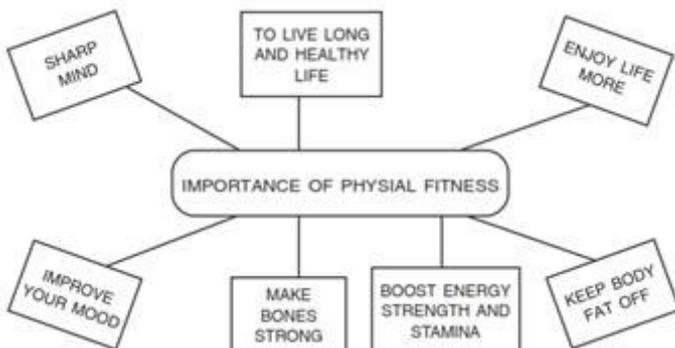
Meaning and Importance of physical fitness, wellness and lifestyle

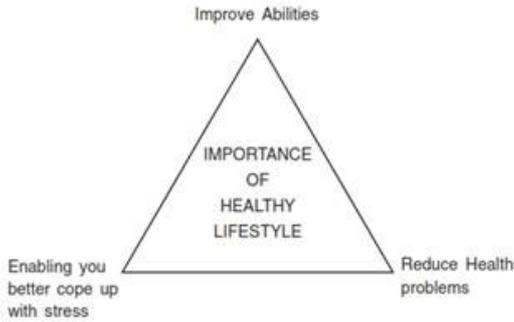
Meaning of Physical fitness: Physical fitness means the capacity to do the routine work without any fatigue or exertion and after doing the work the person has power to do some more work and recovery is quicker.

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

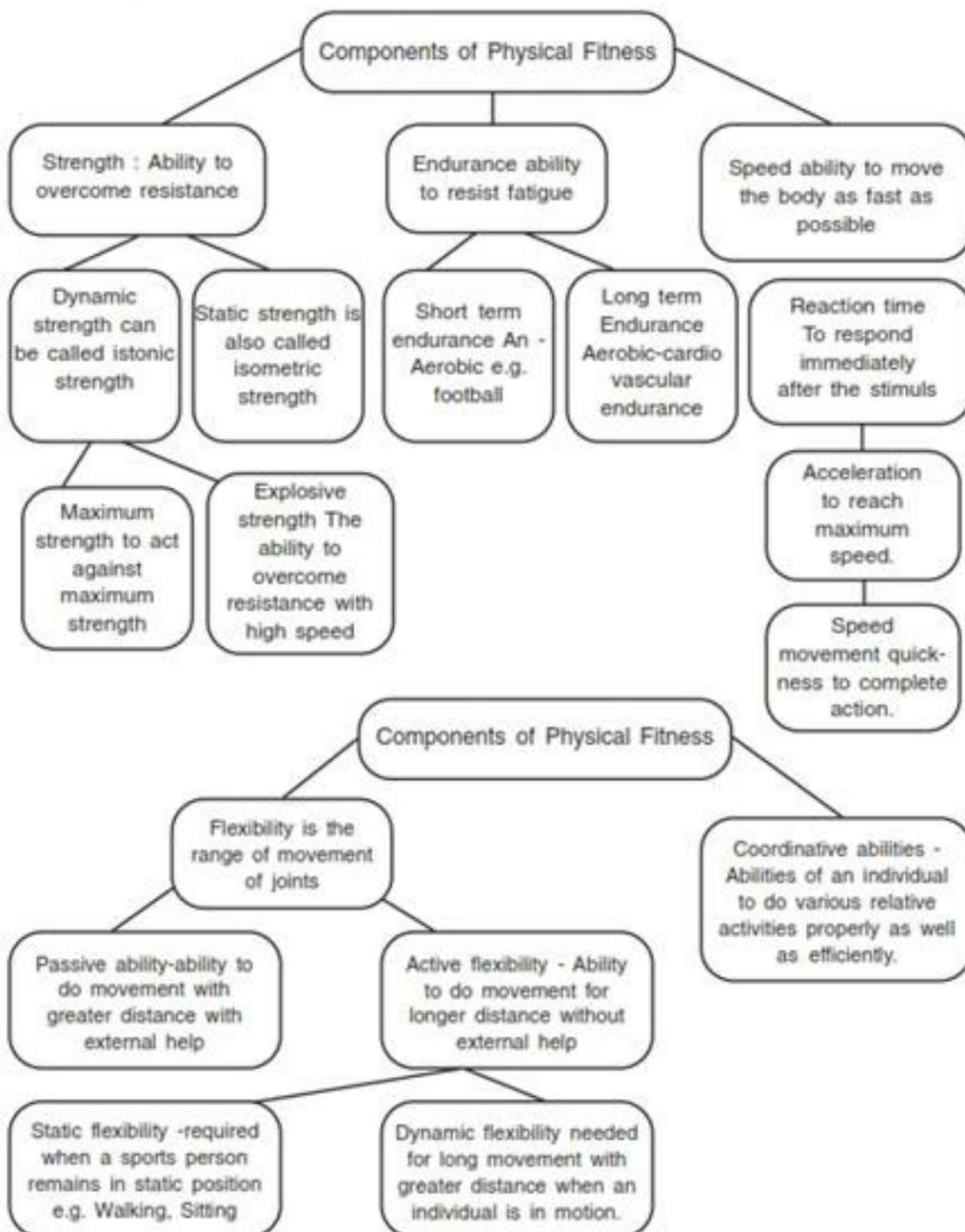
Importance of physical fitness, wellness and lifestyle

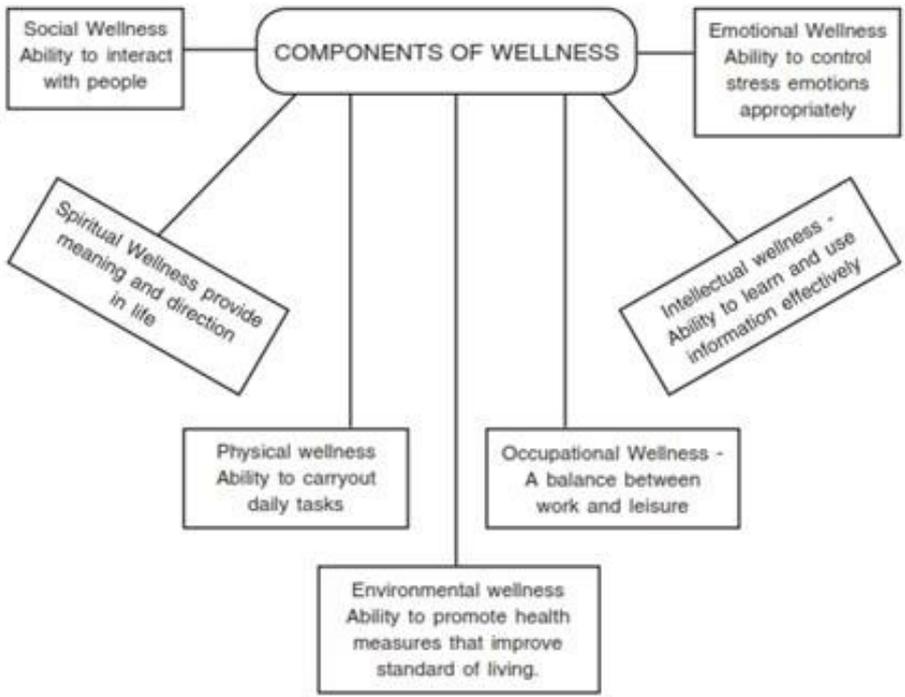




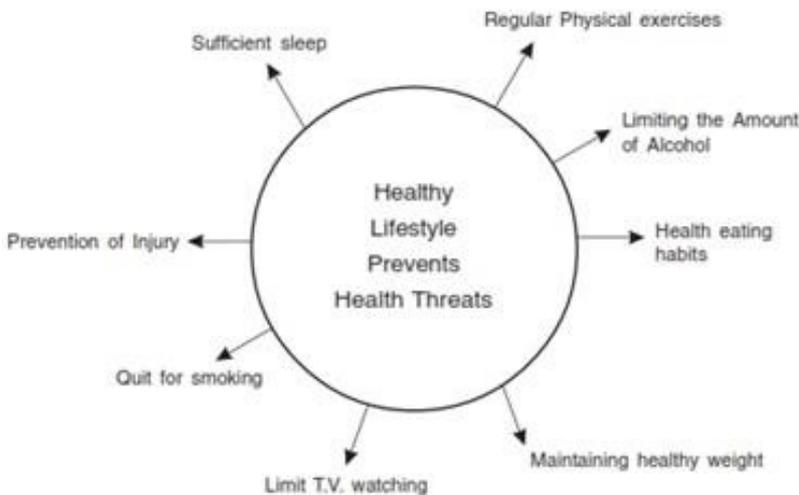
Components of Physical Fitness

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





Preventing Health threats Lifestyle through Lifestyle changes



Components of Positive Lifestyle

