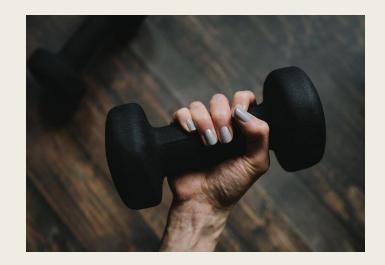
THE IMPORTANCE OF EXERCISE.

Why is physical fitness necessary? (F)

- Helps in weightloss.
- Reduces health rísks.
- Strengthens bones and muscles.
- Helpslivelonger
- Increase energy levels.
- Stress buster
- Improves sleep and quality of life.





When and how much to exercise?

- Exercíse can be done at any hour.
- An exercise in the early morning can help burn more fat.
- Exercísing in the evening can increase your flexibility.

- Moderate aerobic exercise should be done atleast 150 minutes per week.
- Vígorous exercíse should be done 75 mínutes per week.
- It is also recommended to practice flexibility exercises thrice in a week.







Mental Fitness and Exercise: 3

- Mental Fítness ís just as important as physical fítness. Mental Fítness can help sharpen your mind and think positive.
- Reading, doing hobbies, getting involved in good conversations and a good night's sleep can improve your mental Fitness.
- Exercise improves mental health by reducing depression, anxiety and loneliness.





Exercise not only changes your body. It changes your mind, your attitude and your mood.

How to exercise 📚 🐨 静







