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## Let us maintain fitness for a healthy life

## • Answer all questions

- 01. What is the definition of physical fitness?
- 02. What is meant by health related physical fitness?
- 03. What are the five components of health related physical fitness factors?
- 04. Complete following table.

Fitness	Introduction	Activities that help in developing	Day-to-day activities that help in developing	Benefits of developing
Cardiovascular				
fitness				
Muscular				
fitness				
Muscular				
strength				
Flexibility				

- 05. What is body composition?
- 06. What are the two components of body composition?
- 07. Write down five things that can be done to maintain a proper body composition.
- 08. Write down three benefits of having the correct body composition.
- 09. What is introduced by activity pyramid?
- 10. Draw and note down the factors in activity pyramid.