



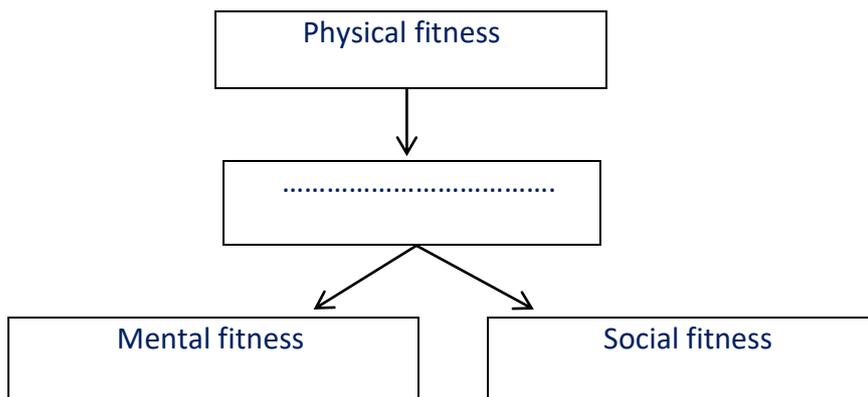
09. Let us improve fitness for a balance life.

❖ Underline the correct answer.

1. What is physical fitness
 - i. Avoiding diseases.
 - ii. The ability to make our activities successful.
 - iii. Reducing behaviors that affect diseases.
 - iv. Physical activity is the ability of a person to perform properly and at the maximum level.

2. Physical fitness qualities are not,
 - i. Strength
 - ii. Speed
 - iii. Flexibility
 - iv. Dancing

3. Select the appropriate answer for the blank.



- i. Health
- ii. Fitness
- iii. Safeguard
- iv. Instant food

❖ Match A with B

A

4. A physical fitness
5. Being actively in daily activity
6. Being happy
7. It is a rhythmic movement
8. Completing a task in less time

B

- It's a sign in mental fitness
- Skipping rope
- Speed
- Endurance
- Physical fitness

