



09. Let us improve fitness for a balance life.

❖ Answer the questions based on the lesson.

01. Fitness can be divided into three parts. What is that?

- i.
- ii.
- iii.

02. Write down three benefits we can achieve by maintaining proper fitness.

- i.
- ii.
- iii.

We can develop physical fitness qualities through the activities we do on day to day life.

❖ Fill in the blanks.

(rhythmic, reduces the body's fatigue and the ability to work longer hours, fitness program exercises and ballet exercises, physical fitness, rapid walk and cycling)

- i. is the ability of a person to do a physical activity in the proper manner with maximum efficiency.
- ii. You can do and to develop fitness qualities.
- iii. A regular repeated pattern of movement or sound is called a
- iv. Fitness program exercises and ballet dance are activities.
- v. Rhythmic activity

