



## 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.