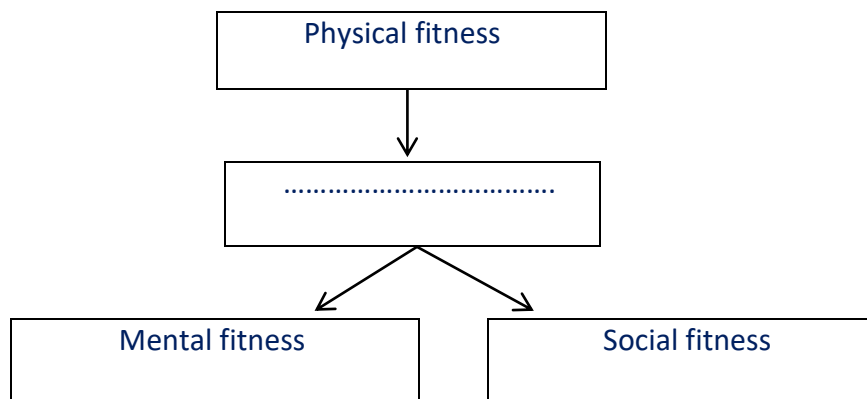




**09. Let us improve fitness for a balance life.**

❖ 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

