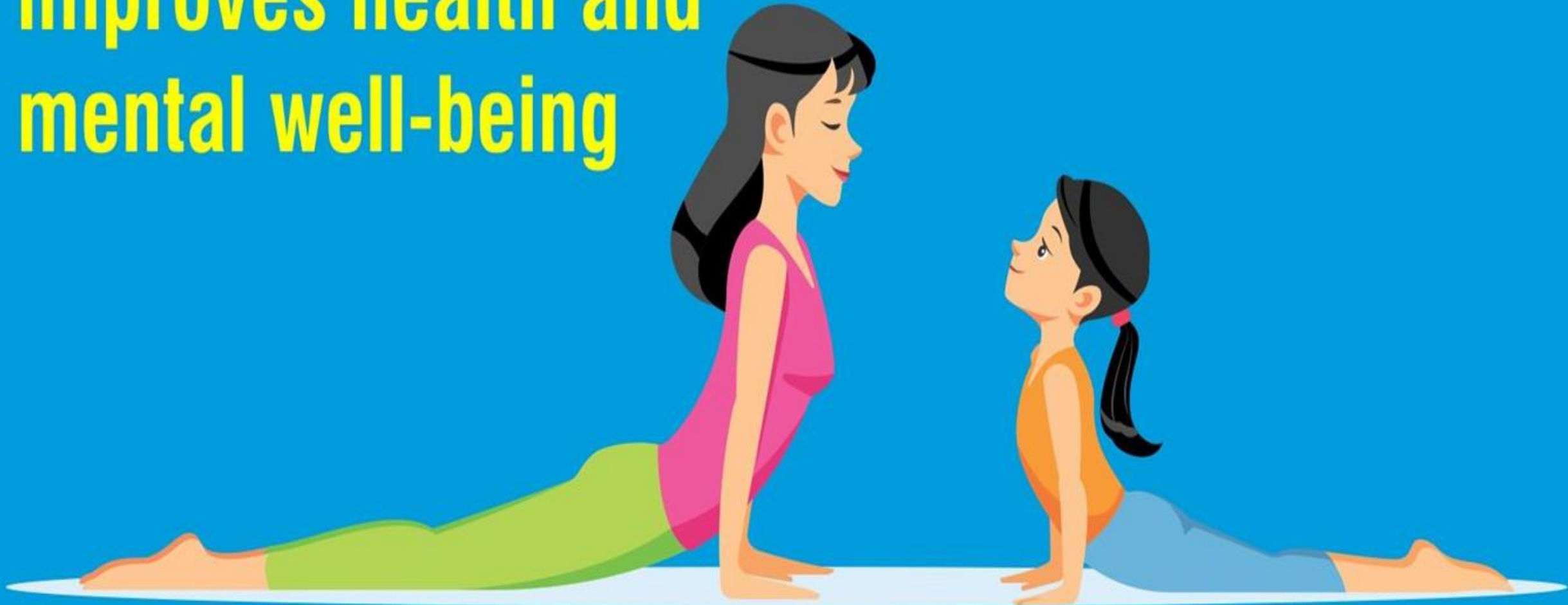


# Fitness



- Participating in physical activity is beneficial to people of all ages. Physical activity contributes to fitness, a state in which people's health characteristics and behaviors enhance the quality of their lives.

Regular **Physical activity**  
improves health and  
mental well-being





FITNESS means “readiness”. The level of fitness includes all aspects of physical, mental, and social health.

Fitness isn't  
a seasonal  
hobby.

Fitness is a  
lifestyle.



# Exercise is Important...

Why Don't We Do It



I don't have enough time

I Don't Like It!

I get bored!!

I am too tired!!

I don't know what to do!

# What is Physical Activity?

**Anything that gets  
you moving!**



# Importance of Yoga in Life



- Reduce Stress
- Increase strength
- Increase Flexibility
- Increase Energy



# Few Physical Activities





**HEARTIANS IN ACTION**



EXCUSES, EXCUSES...

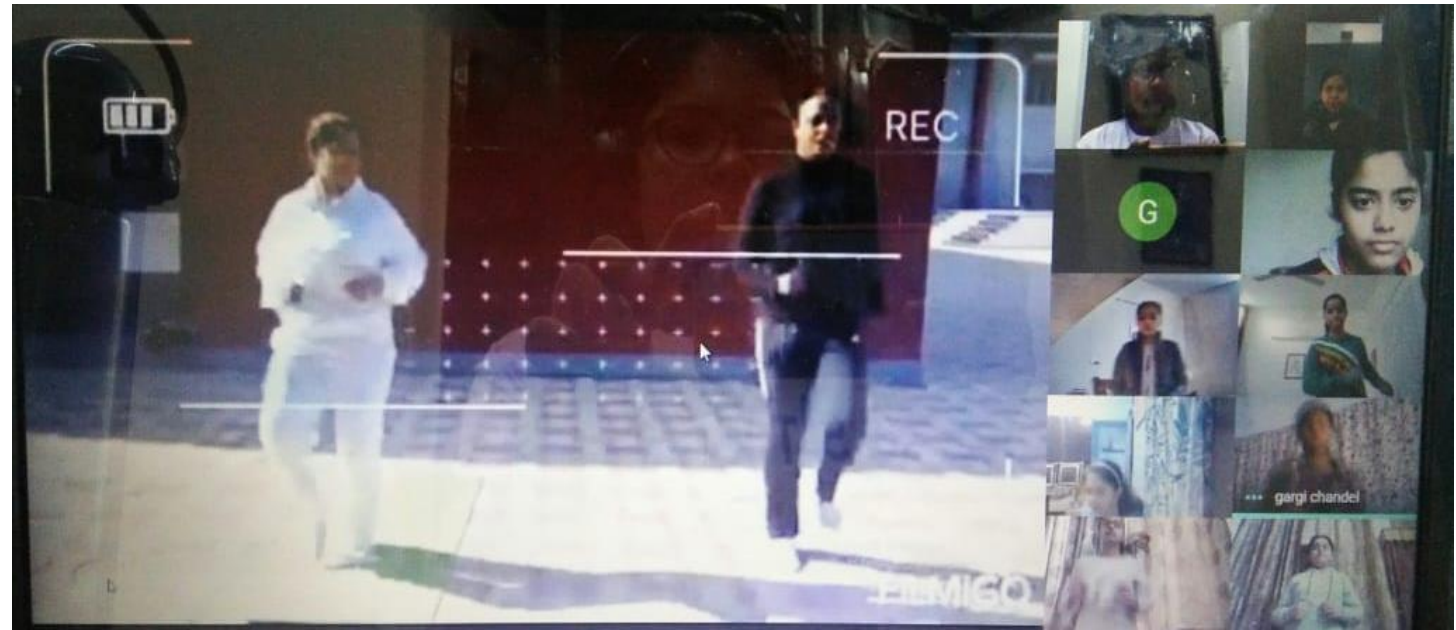
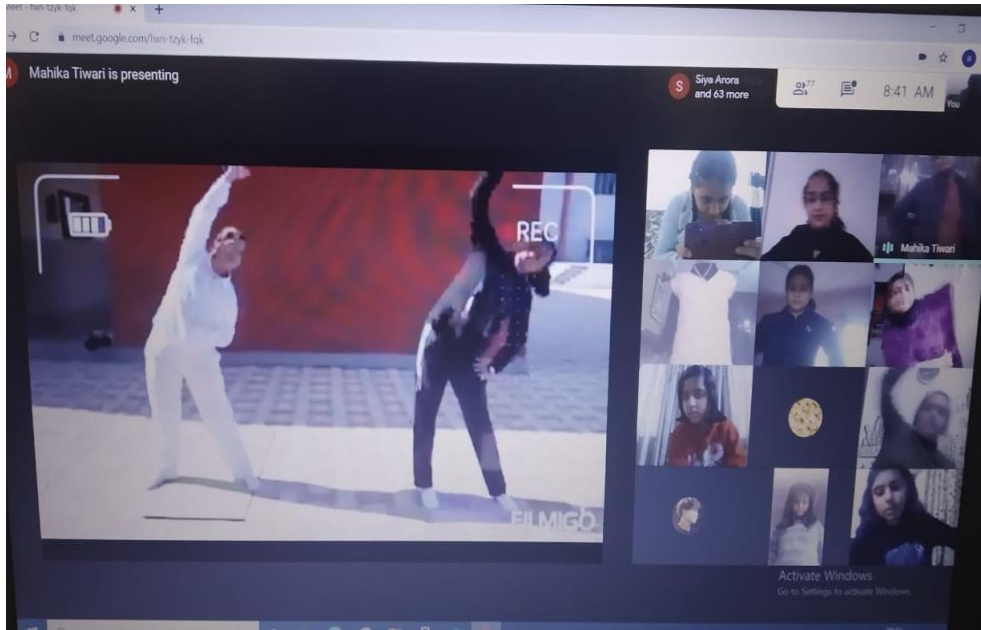
**IT'S NOT ABOUT  
"HAVING" TIME.**

**IT'S ABOUT**

**MAKING TIME.**

YOU MADE TIME TO READ THIS DIDN'T YOU?

















Believe...



...**anything** is possible!