

Title: **BEING FIT MATTERS**

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What was the session about?

- Session includes mainly the importance of exercise in daily life.
- Importance of body, yoga, sleep, nutrition.
- Speaker explained well about how physical health plays a vital role in our life.
- He explained about HOMEOSTASIS, Aerobic and Anerobic Training.

What was I liked about the session?

- I liked the concept of HOMEOSTASIS and how it regulates our body.
- Homeostasis is a self-regulating process by which an organism tends to maintain stability while adjusting the conditions that are best for the survival. If it was good, life moves on else it leads to the death of organism.
- I liked how the speaker differentiated between Aerobic and Anerobic training and how it helps in burning calories and types of Aerobic and Anerobic exercises.
- He also said the importance of sleep, walk- helps us to improve brain health by increasing blood flow, to maintain a healthy diet and yoga. These all helps us to improve our immune system which is very important in developing antibodies.
- I liked the whole session thoroughly.

Something I did not like:

- I think there is nothing to dislike about the session. I liked the whole session very much.
- This session keeps everyone in a thought.
- One thing I feel guilty about is all things that was taught in session were known to everyone but I didn't implement any of them yet.

My takeaways from the session:

- I understood the importance of physical health.
- I will try to implement the ideas that taught in the session.
- I will go for a regular walk and do exercises.
- I will motivate others and tell them the importance of physical health.