

Being Fit Matters

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What this session was about:

This session's objective was to emphasise and make us realise the importance of maintaining our body with constant and sustained exercise. The session elaborated on the different types of exercises and how we could implement those exercises to benefit our body in the long run. The necessity of working out and keeping ourselves fit in this situation, where most of us sit all day and cannot go out and do the work we used to do daily, was discussed as well. A variety of workouts can be done at home with minimal equipment and can help a lot in maintaining our body's condition. These techniques and exercises were discussed too. There was also a part about the four fitness components of fitness, and how they are important to us. We then moved on to yoga and its importance, how it helps improve our inner well-being. The talk also had a part about nutrition and what types of food we must eat and in what quantities for a healthy lifestyle. The speaker then moved on to tell us about what we could do on campus for physical activities.

What I liked about the session:

- The session served as a good reminder to take fitness more seriously and to continue exercising and taking care of our routine regardless of the situation we find ourselves in.
- The videos used in the meet gave a more practical understanding of why the exercises were important and how they help us keep our body in its best condition.

What I did not like about the session:

- Nothing, the session was really nice and was very informative.

My takeaways from the session:

We need to pay more attention to our body and not overexert ourselves for anything. Regular exercise is necessary to maintain a healthy lifestyle, and it doesn't require anything more than a little bit of our time to do. Even when we cannot go outside and cannot go about the routine we are used to, we must take care of keeping our body in the best possible condition, so that we can remain fit. We must not sit all day and must give our body physical exercise too. Just exercise will not be enough either, we must take care of what we eat and do yoga as well, to maintain mental health at all times.