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ques 1 If someone does not have enough time for exercise, what small changes can he make in his daily life so that he can remain physically healthy and fit? Mention any two.

ques 2 If a person is too busy with life to exercise, there are still ways to be healthy with small lifestyle adjustments such as:

1. Take the stairs rather than the lift or escalator - Going up stairs strengthens the muscles in the legs and is good for the heart.
2. Walk instead of driving for short distance - Walking to places nearby boosts up your daily physical activity and keeps you active.

ques 2 "Sports teach collective cohesion and leadership". Verify this statement.

A physical Education teacher is important in strengthening team work and showing leadership. Through team work, communication and respect they binds their players together. Their leadership inspires students to collaborate for common objectives, address disagreements constructively and cultivate the discipline, trust and team spirit necessary.

for success in athletic competition.

Ques: 3 Analyze the role of environmental dimension in the management of lifestyle disorders?

Ans: Lifestyle disorder management is much influenced by environmental aspects. A physical environment that is clean and safe can encourage physical activity, and social environments that support healthy behaviors can also play a part. Cultural traditions influence what we eat and how we behave, while economic security gives us access to healthy food and medical care. These components, working in tandem, allow for effective lifestyle-related disease prevention and control.

Ques: 4 If one person practices yoga asanas directly without doing subtle exercises, while another person practices asanas after doing subtle exercises, then what will be the effect on their body? Compare.

Effects	Without subtle exercises	With subtle exercises
1) Body becomes stiff; Higher chance of strain		Flexible, Joints loosened.
2) Breath	Tense, Shallow	Deep, Coordinated
3) Energy (Prana)	Loss flow, Blockages remain	Balanced and flowing

y) Mind state Restless, disturbed Calm, focused

z) Depth of Asanas More physical, less meditative / briefly Deeply integrated, meditative.

2d) Overall effect Physical exertion, fatigue possible Energizing, balanced, fast healing.

Ques: Surya Namaskar is a complete group of exercises. Explain the examples.

Ans: Surya Namaskar is considered as a complete exercise because it contains stretching, bending, balancing, controlled breathing and relaxation.

It is called full body exercise.

1. Is a full body workout! Your arm, leg, back, stomach and chest muscles are all working.

2. Enhances flexibility: spinal stretches in the form of forward and backward bend asanas.

3. Increases Blood flow & heart health - Non-stop movement is cardiac.

4. Improves breathing and lung capacity - Every pose is timed with either inhaling or exhaling.

5 Increased focus and decreases stress -  
Rhythmic breathing + movement soothes the  
brain.

### Example :-

- ① **Pranamasana (Prayer Pose) -**  
Helps in mind concentration and relaxes the  
Brain.
- ② **Hasta Uttanasana (Raised Arms pose) -**  
Opens chest tones back.
- ③ **Hasta Padasana (forward fold) -**  
Stretches spine and hamstrings.
- ④ **Ashwa Sanchalanasana (Equine Pose) -**  
Distends hips, tones legs.
- ⑤ **Dandasana (Plank Pose) -**  
Builds arm and core strength.
- ⑥ **Ashwanga Namaskas (Eight-Point stance) -**  
Strengthens arms and chest.
- ⑦ **Bhujangasana (Cobra Pose) -**  
Improves spinal and Pulmonary Mobility.
- ⑧ **Parmatasana (Mountain Pose) -**  
Gives you a full body stretch besides  
boosting circulation.

(9) **Ashwa Sandalasana (Opposite Leg)-**

The Take The change Balance and strength lower Body.

(10) **Hasta Padasana (forward Bend)-**

Stretches your Back and improves your flexibility

(11) **Hasta Uttanasana (Raised Arms Pose)**

Improves posture and lung capacity.

(12) **Pranamasya (Prayer Pose)-**

Bring relaxation and emotional steadiness

Ques 6 What should be an effective and balanced exercise chart for teenagers? Prepare a "Weekly Exercise Plan" 45-60 min duration per day?

Ans: Weekly Exercise Plan for Teenager, for 45-50 mins

⇒ Monday ⇒ Full Body Strength Training (50 min)

- Warm up (10 min)
- Spot Jogging - 2 min
- Arm circle + leg swings - 3 min
- Jumping Jacks - 2 min
- Light stretching - 3 min

- Workout (30 min)

- Squats 3x12

- Push ups - 3x10

- Glute bridge -  $3 \times 15$
- Lunges -  $3 \times 10$  each leg
- Plank -  $40\text{ sec} \times 2$
- Superman -  $2 \times 12$

- Cool down (10 min)
- Hamstring + quad stretch
- Deep breathing

⇒ Tuesday → Cardio + Core (45-50 min)

- Warm up (5-7 min)
- Back walking / Spot running
- Light mobility

- Workouts (30-35 min)
  - Choose any 2-3 activities
  - Skipping - 5 min
  - Jogging - 10 min
  - Cycling - 20 min
  - High Knees -  $2 \times 1 \text{ min}$
  - Mountain climbers -  $2 \times 30 \text{ sec}$
  - Crunches -  $3 \times 15$
  - Leg raises -  $2 \times 12$

- Cool down (5-8 min)
- Abdominal stretch
- Gentle breathing

⇒ Wednesday ⇒ Yoga + flexibility (45 - 50 min)

- Warm up (5 min)

- Yoga flow (30 - 35 min)

- Surya Namaskar - 6 rounds

- Bhujangasana

- Dhanurasana

- Vrikshasana

- Tarkonasana

- Balasana

- Shashasana (5 min)

- Cool down (5 - 10 min)

- Deep breathing

- Light meditation.

⇒ Thursday ⇒ Upper Body + Core (50 - 55 min)

- Warm up (10 min)

- Arm rotations

- Shoulder mobility

- Light jog

- Workout (30 - 35 min)

- Push ups - 3x10

- Incline sit - 2x12

- Tricep dips (Chair) - 3x12

- Shoulder taps - 2x20

- Plank - 45 sec.

- Side plank - 30 sec each side

- Russian twist - 3x20

- Cool down (5-10 mins)

⇒ Friday ⇒ Lower Body + Cardio Burst (45-60 mins)

1. Warm up (10 min)

1. Workout (35-40 min)

- Squats - 3x15

- Jump squats - 2x10

- Forward lunges - 3x10 each leg

- Calf raises - 3x20

- Wall sit - 40 sec

- Stretch run - 10 min.

1. Cool down (5-10 min)

⇒ Saturday ⇒ Sports / Outdoors Activity (45-60 min)

Choose One +

- Badminton

- Football

- Basketball

- Swimming

- Skating

- Running on track.

This builds stamina, co-ordination, teamwork and agility.

End with 10 min stretching.

⇒ Sunday → Light Activity + Recovery (40-50 min).

- Walking - 20-30 min

- Easy yoga

- Light stretching

- Deep breathing - 5 min.