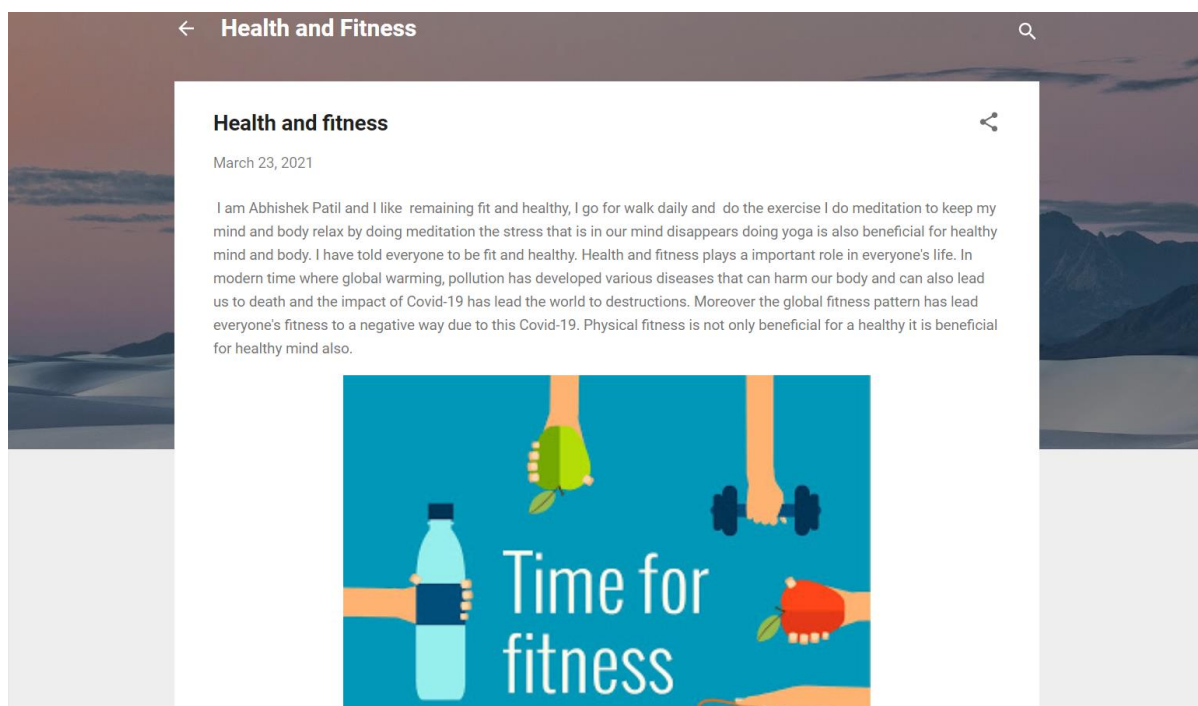


## Practical-6

Link for Blog: <https://abhishek145.blogspot.com/>



I define health as a state of mental and physical well-being a healthy mind resides in a healthy body. Nowadays people are doing a lot of work and not maintaining a proper diet. My Opinion is that work and health should be balanced. To maintain good health we should take proper care of our hygiene do regular exercise maintain a balanced diet, take adequate amount of water. Proper diet means eating less junk food, eating salad weekly two or three days drinking lots of water so that our stomach remain healthy. A loss of good health leads to loss of happiness.



Physical fitness is the body's ability to function efficiently and effectively. It consist of health related fitness and skill

related fitness, A human body is like a machine it needs to be maintained and look after. Physically exercise is of immense help of maintaining good health and fitness. The choice of physical exercise varies from person to person, some like morning walks some like cycling and jogging and some likes spending an hour in gyms doing workout. There are two types of fitness general and specific, In general activity or exercise the people in to be active and in specific, specialized training needed for work.



Another means of improving fitness is Yoga. Yoga is an ancient form of exercise which evolved thousand of years back in Indian society and is continuously been practiced since then. Yoga includes various exercise to keep a person in good shape and get rid of various forms of diseases. Yoga is a strong method for meditation which help in relaxation of mind and body. Yoga is being practised world wide today in this Covid-19 pandemic.



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