

Chapter – 4
Physical Fitness, Wellness and Lifestyle
Class – 11th

Q1. What is Physical Fitness?

Ans. Physical fitness refers to the ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living. A fit person is able to perform schoolwork, meet home responsibilities, and still have enough energy to enjoy sport and other leisure activities. A fit person can respond effectively to normal life situations and emergency situations.

Q2. What is wellness?

Ans. Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes. In simple words; Wellness is the opposite of illness. When you're healthy and not suffering from any diseases, you're enjoying a state of wellness.

Q3. What is lifestyle?

Ans. The lifestyle of a particular person or group of people is the living conditions, behaviour, and habits that are typical of them or are chosen by them. In simple words; the way a person or group of people live, including the place they live in, the things they own, the kind of job they do, and the activities they enjoy.

Q4. Write any 6 importance of physical fitness?

Ans. The importance are:

- Keep you physically fit and healthy
- Lower the risk of diseases
- Reduce the risk of cardiovascular diseases
- Improve quality of life
- Positive attitude towards work
- Helps in weight management

Q5. Write any 6 benefits of wellness.

Ans. The benefits are:

- Decreased risk of disease
- Increase longevity
- Manage your weight
- Boost your energy
- Manage your stress level
- Enhances confidence

Q6. What are the factors that affect physical fitness and wellness?

Ans. The factors are:

- **Regular Exercise**: Regular exercise is one of the most critical factors which affects the physical fitness of an individual.
- **Stress & Tension**: Stress and tension have a very negative effect on physical fitness and wellness of an individual.
- **Age**: It is also one of the major factors which affect the physical fitness and wellness of an individual.

- **Environment**: The environment, which includes climate, temperature, altitude, social, and cultural factors affect the physical fitness and wellness of a person.
- **Diet**: It also influences the level of physical fitness and wellness. Good diet helps not only in maintaining the physical fitness but it also improves the level of physical fitness.

Q7. What are the skills related components of physical fitness?

It is also known as performance-related fitness components. It is associated with athletic competition but should be considered in the overall fitness of all individuals. There are 5 components of physical fitness: balance, co-ordination, agility, speed, power, and reaction time.

Balance: Balance is the ability of an individual to maintain their line of gravity within their base of support. It can be classified into static and dynamic.

Coordination: It is the ability to use the senses, such as sight and hearing, together with body parts in performing motor tasks smoothly and accurately.

Power: It is the rate at which one is able to exert maximal force. Vertical jump test and hop test are some examples of power testing for lower extremity.

Agility: It is defined as “a rapid whole-body movement with change of velocity or direction in response to a stimulus”.

Speed: It relates to the ability to perform a movement within a short period of time. . Speed combined with strength will provide power and force.

Q8. What are the health related components of physical fitness?

There are 5 components of physical fitness:

1. **Body composition**: It can be expressed as the relative percentage of body mass that is fat
2. **Muscular Fitness**: It includes muscular endurance and strength. They determine bone mass, glucose tolerance, musculo-tendinous integrity of an individual.
3. **Muscular Strength**: It is the muscle's ability to exert force at high intensities over short periods of time.
4. **Muscular Endurance**: It is the ability of muscle group to execute repeated contractions over a period of time
5. **Flexibility**: It is the ability to move a joint through its complete range of motion. It is important in the ability for athletic performance.

Q9. Explain the components of wellness in detail.

Ans. The wellness components are:

Physical fitness & Nutrition:

- Exercise! Even walking 30 minutes a day three times a week will greatly improve your health. Eat Healthy.
- Avoid fried foods, soft drinks and sweets.
- Try to include 5 servings of fruits and vegetables in your diet every day & Don't skip meals.

Emotional:

- Try to maintain a positive attitude even when problems arise.
- Discover your personal stress reliever.
- Manage your time wisely because it will help lower stress.
- Find someone that you trust who you can openly share your feelings with.

Social:

- Get involved. There are a variety of clubs and organized on campus; you're bound to find something that interests you.
- Know who your best friends are.
- Recognize when you are in an unhealthy relationship.
- Balance your social life with your academic responsibility.

Spiritual:

- Find a quiet place and spend time there every day.
- Contemplate the meaning of your life.
- If you have a religion, study and practice it.
- Spend time appreciating the natural world around you.

Intellectual:

- Keep knowledge of current affairs.
- Take your school work seriously and spend time in the library.
- Seek academic help if you need it.
- Become a life-long learner.

Q10. Write any 5 importance of Positive life style.

Ans. The importance are:

Increase the longevity: A healthy lifestyle increases the longevity. It slows down the ageing process and helps the older person to stay strong and healthy.

Increase the level of energy: An individual with a healthy lifestyle feels more energetic which means more productivity in day to day living.

Helps in reducing depression: Healthy lifestyle helps in accomplishing a healthy body which in turn elevates hormone level in the body that regulates the mood.

Increase the level of fitness: Physical fitness helps in better coordination of muscles and an increase in strength, flexibility and endurance.

Increase self-confidence: Level of fitness of an individual tends to become more self-confidence and self-aware.

Q11. How will you prevent health threats through changing in lifestyle?

Ans. Regular exercise: Regular physical exercises are needed to maintain a healthy weight and to enhance strength, endurance and flexibility of body.

Healthy eating habits: Healthy diet or good nutrition is required for proper growth & development of children. Healthy eating habits prevent you from many diseases.

Quit smoking & Alcohol: Always say no to smoking and drinking alcohol. These keeps you addicted and spoil the whole life of an individual.

Proper rest & sleep: Proper rest and sleep is required after any strenuous physical or mental workload. Lack of sleep may cause fatigue, irritation and stress.

Personal hygiene: Personal hygiene is also an important component of positive lifestyle. It is well known fact that communicable diseases can be prevented, if we put stress on cleanliness to lead a positive lifestyle.

