Good day everyone, I’ll start off my speech by saying, nearly everything and everyone has been influenced by the COVID-19 pandemic. This includes the physical fitness of not just in students, but to also those who work on their own homes. This has resulted in inactivity, which is bad for one's health. However, even outside the pandemic, being physically fit and active holds importance especially among the students that are active on social media on a daily basis. In order to enjoy the beauty of life and to experience it to the fullest you must start getting involved in physical activities or sports. Being young, students have a lot of potential to develop a hobby that keeps their fitness regulated for the lifetime.

Being physically fit doesn’t necessarily mean that you have to do vigorous workout every single day. You can start small and make your way to the more intense activities. You can also start on wherever you are comfortable. According to the website yogems.com, the benefits that come along with being physically fit are: it prevents chronic diseases by lowering the blood sugar levels and checks blood pressure so that you are less likely to suffer strokes or heart diseases. It controls weight by getting rid of the fat which in turn supports a healthy lifestyle. It also ensures strong bones, muscles, and joint development. Physical wellness and exercise ensures you to have strong bones, muscles, and joints. Being physically fit also reduces stress. Stress is one of the most dominating health hazard in the younger generation. Being unfit makes you lose your confidence and is one of the most prominent factor of causing stress. Being fit makes you physically smart and helps better your inter-personal relationships, thus, making you stress free. It also increases energy levels and confidence. Being fit makes you active, spirited, and energetic, thus making you more competent and prompt in your work and results. This ultimately reflects in your confidence level which gets boosted.

It is evident that regular activity can prevent the majority of health issues. Because physical activity is good for both one's physical and mental health, people should fundamentally alter their attitude toward it. To make physical activity interesting, people should use more creativity. It follows that exercise is a beneficial form of therapy for the human body.