

BSCS1

ACTIVITY 3 CHALLENGE YOUR MIND

Direction: Do the following tasks:

In your own words, explain the following

Physical Fitness – it is important to our body because it refers to the condition and the ability of our body to function efficiently and effectively to a certain task. This can be achieved through proper nutrition, exercise and rest.

Stress – it is the body's reaction to any change that requires big adjustment or response. The body reacts to these changes with physical, mental, and emotional responses.

Emotional – this is a conscious mental reaction such as (anger or fear) personal experienced as a strong feeling, usually this is directed toward a specific object and common behavioral changes in the body.

Academic – this is used to described school or work. This is also generally defined as education which has learning as it's primary purpose.

Tae Bo – this is a total body fitness system that incorporates martial arts techniques such as kicks and punches that will help strengthen bones and muscles.

- Discuss Health Benefits of Exercises

There are a lot of benefits that we can get in exercise such as (improving our mental health and mood, help our thinking, learning, and judgement skills sharp as you age, strengthen bones and muscles, increase your chances of living longer, control our weight etc.).

How can exercise improving our mental health it is because during our exercise, our body releases chemicals that can improve our mood and make us feel more relaxed, this can also help us to deal with stress and reduce our risk of depression. The second one is “help our thinking, learning, and judgement

skills sharp as you age”, the exercise stimulates our body to release proteins and other chemicals that improve the structure and function of our brain. Strengthen bones and muscles, when we are regularly doing the exercise it can help us build strong bones, it can also slow the loss of bone density that comes with age. Doing muscle-strengthening activities can help us increase or maintain our muscle mass and strength. Increasing our chances of living longer, according to studies the physical activity can reduce our risk of dying early from the leading causes of death, like heart disease and some cancers. The exercise plays an important role in controlling our weight along with proper diet and preventing obesity.

- Draw a Picture of yourself Free from Stress



