

### ACTIVITY 3 CHALLENGE YOUR MIND

Direction: Do the following tasks:

In your own words, explain the following

Physical Fitness For me Physical Fitness is with a proper amount of nutrition or have a healthy body

Stress - For me Stress is a tension that you feel in your body either emotional or physical

Emotional - For me Emotional is expressing what you feel

Academic - For me Academic is about learning

Tae Bo - For me Tae Bo is somewhat like a Martial Arts

Discuss Health Benefits of Exercises

The Health Benefits of Exercise is to have a strong and healthy body so you can live long and far away from sickness. Exercise also help you on how to control your weight

- Draw a Picture of yourself Free From Stress

