

ACTIVITY 3 CHALLENGE YOUR MIND

Direction: Do the following tasks:

In your own words, explain the following

Physical Fitness - Is a state of health and well-being and more importantly, the ability to perform aspects of sports, professions and everyday activities in form of exercise. Through good diet, moderate-vigorous physical exercise, and good nutrition, physical fitness is best accomplished.

Stress - Is a reaction to unnecessary pressure, as most individuals understand the term. This can come from events in life, work, or simply a sense of being a bit out of control.

Emotional - Emotion is a feeling that can be caused by the situation that you are in or the people you are with such as happiness, love, fear, anger, or hatred. Emotion is the part of the character of a person which as opposed to their thoughts, consists of their feelings.

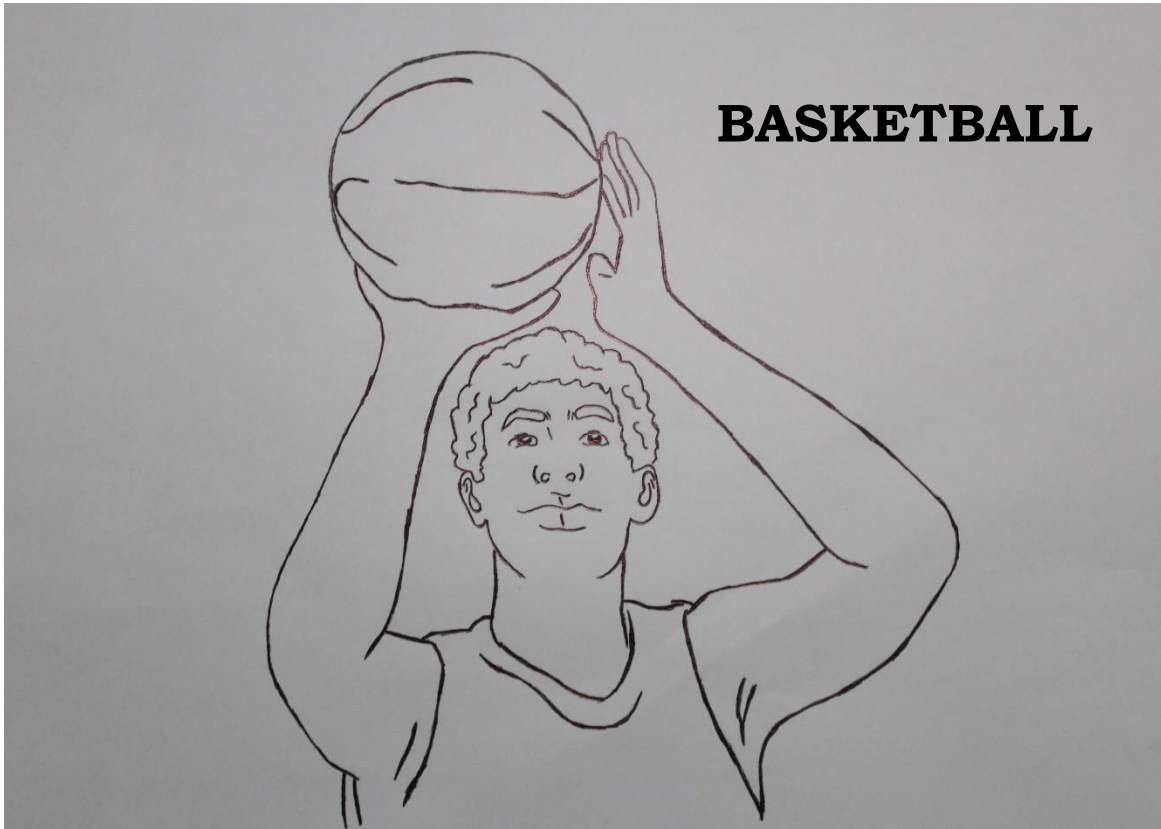
Academic - Academics are used to define things related to the work done in schools, colleges and universities, especially work involving learning and understanding rather than practical or technical skills. Academics are used to classify topics related to schools, universities and colleges.

Tae Bo - It is a complete body training method that combines techniques such as kicks and punches from the Martial Arts.

Discuss Health Benefits of Exercises

It Improve your memory and brain function (all age groups). Protect against many chronic diseases and Aid in weight management. It can lower blood pressure and improve heart health and also Improve your quality of sleep. Reduce feelings of anxiety and depression.

- Draw a Picture of yourself Free From Stress



Exercise