

**Name: Angelica L. Paulo BSCS-1**

### **ACTIVITY 3 CHALLENGE YOUR MIND**

Direction: Do the following tasks:

In your own words, explain the following

Physical Fitness - The ability to perform activities of a daily living and execute performance in strength, Endurance and more.

Stress - It is the feeling or reaction to a challenge or harmful situations. A type of change that causes the body or mental tensions

Emotional - It is about our thinking, behavior, feelings or the sense of our wellbeing

Academic - Relating to our study or works that was done in colleges, schools or university.

Tae Bo - an exercise combining aerobic exercise routine and kick-boxing.

### **Discuss Health Benefits of Exercises**

Doing exercises could make the muscles stronger, allowing people to do tasks easily. Physical task requires muscle strength and some degree of range of motion in joints and with regular exercise can improve these qualities. Exercises stretches muscles and joints that increases flexibility and also improves balance. Exercises is not only beneficial to the body but also for the mental, health it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more.

- Bone and Muscle health – It makes the body physically stronger that would contribute to a better balance and stability.
- Weight management - Exercising increases caloric expenditure which helps in losing weight or maintain ideal health.
- Relief from physical pain – Can be a good form of physiotherapy for aches or long-term injuries.
- Energy level boost – The rush of hormones is significant energy booster that is helpful for those suffering from health conditions.
- More quality Sleep - The heating up of your core body temperature during exercise allows your body to cool down significantly by bedtime, promoting restful sleep.

## Draw a Picture of yourself Free From Stress



I have made a digital illustration of myself being free from stress. It's Christmas day and the only thing I am thinking of is spending time and treasuring every moment with my family. There is nothing to worry about and all that I can feel is the relaxation and my mind at peace. Surrounded with someone I care about and food and gifts I really wanted. There is no pressure surrounding me and I am free from overthinking.