

Block 10
ACTIVITY 3 CHALLENGE YOUR MIND

In your own words, explain the following:

Physical Fitness – Relatively talks about the ability of one's body to do work simultaneously and efficiently to allow your body to be healthy and perform activities.

Stress - in relation to the physical and emotional self, stress is a feeling of tension. It regularly occurs to a person in any event or thought that may make you feel nervous, angry, or frustrated.

Emotional - This takes part in the nervous system brought by neurophysiological changes that is related to thoughts, emotions behavioral responses, and desire.

Academic - It is related to education. Being a scholar or having to acquire greater knowledge in various field in natural and extra-natural form of life. not of practical relevance; of only theoretical interest.

Tae Bo - a form of martial arts that incorporates the body fitness system.

Discuss Health Benefits of Exercises

Exercises helps the human body grow and be healthy. With exercise, we may achieve the ideal body that we want. We may grow more muscular and have a holistic development of a healthy mind set.

Draw a Picture of yourself Free from Stress



Physically fit person proud of his body.