**ACTIVITY 3 CHALLENGE YOUR MIND**

Direction: Do the following tasks:

In your own words, explain the following

**Physical Fitness**

Physical fitness for me is the act of being mentally and physically strong. Meaning you undergo all these exercises to help you become not only a better physical version of yourself but your mental fortitude is very strong.

**Stress**

Stress is another term for problems in my way of thinking. Where –in stress can either bring you more problems along the road or it can help you become a better version of yourself.

**Emotional**

Emotional, Refers to the subjective feeling of a person. The subjective meaning of feeling happy or sad. The subjective meaning of feeling depressed or satisfied.

**Academic**

Academic, In my own words translate to the academic side of things. Being academically engaged in school meaning you yearn to learn more things about a certain task or a certain subject.

**Tae Bo**

Tae Bo, From what I’ve researched about the topic. Is laymans term, This is basically any other form of self-defense practices. But it helps because each practice helps to improve the overall health and fitness of a person.

Discuss Health Benefits of Exercises

The benefits of exercises to a person concerns with being physically fit

And mentally disciplined. Keep in mind when you exercise, You exert force

To your own body to help it grow. Exerting effort requires mental

Discipline to stop all those previous vices that you had before. So

In my own words, Physical Exercise benefits a persons well-being.

Not only on a physical state, but on a mental aswell.

* Draw a Picture of yourself Free From Stress

