

### Objectives

- Self-awareness.
- Maintain Physical Fitness.
- Enjoy life through active lifestyle.
- Match active lifestyle to the current facilities and amenities / lifestyle.
- Know the value of effort.
- Develop Creativity.
- Decrease the stress and tension in daily life.

Physical and Mental fitness is required to live a healthy, happy and energetic life. It is the need of today to inculcate Creative skills to live a disease free body and happy mind. 'Lifestyle is a special way of living daily life'.

Active lifestyle means to regularly participate in exercise or activities and if inactive then to consciously engage in physical exercise or active recreational activities. Today's lifestyle has become mechanical and sedentary in nature. Increase in luxury and speed and the competitive nature have increased the stress in life which affects both mental and physical health. The solution to this is to inculcate active life skills. Creative life skills means, to make good use of your free time from your daily routine by choosing an activity of liking and continue performing it. Some of the activities that

can be performed are specific sports and games, physical activity, dance, gardening, exercise of liking, etc. but one needs to spare time daily to perform the activity as it is important to be creative for better health. Happiness and fun is experienced from being active in your favourite activity. Making good use of free time through recreation one gets opportunity for creativity through valuing effort.

Through these activities different skills and capacities are developed and one becomes happy. Hence performing some activity of interest for lifetime is very essential for happy childhood, fitter adulthood and happy old age.

The lifestyle of an individual depends upon his interest and thoughts. The individual's development is depended on various physical, mental, intellectual, emotional, social, financial and other factors and they impact his lifestyle. For active lifestyle one should make judicious use of the scientific advancements as required and also make necessary changes as per the changes in environment. Following things should be inculcated:

#### 1. Know yourself

Adopt such a lifestyle which will increase your self-confidence. Choose

such a physical activity or work that will bring both physical activity and pleasure. E.g. Favourite exercises, sports, hobbies. Regular physical activity should be done for physical well-being, peace of mind and adjustment of stress in life. Choose from a variety of hobbies, such as walking, running, cycling, swimming, dancing, aerobics, gardening or physical activity.

## **2. Increase Physical Fitness:**

You must have surely thought about maintaining good physical health. In adolescence, if you adopt, energetic and healthy lifestyle, it will benefit you for the rest of your life. The benefits of an active lifestyle are that your body will be symmetrical, well-built and your skin and hair will look radiant. Exercise in order to achieve physical fitness. Exercise according to your age and preferences and keep yourself healthy. See if you can enjoy it and have no stress at all. Make sure you regularly engage in these activities. This will help you to make the most of your free time and save the value of your life. To increase health related physical fitness the fitness capacities have to be tested and studied. Find out in which of these abilities you are lacking and choose the right type of exercise to increase your abilities. Spend at least one hour daily playing a favourite sport or select other sub-disciplines involving

more physical activity. E.g. Aerobics, dance, traditional sports etc.

## **3. Make good use of your free time:**

Most of the children are spending their free time on screen, eating junk and drinking sugary drinks, luxurious relaxation and inactivity and enjoy prank, sabotage or quarrel at home and feel joy. Children are unaware that this is nothing but an invitation to major illness and diseases. Choose activity for better health and wellness. Addiction, laziness and aimless activities do not give you better health. For better health and wellness one needs to perform activities regularly. Engaging in sports, physical activity, any hobby for health is very essential. This helps you too make good use of your free time, entertains you, and reduces stress.

## **4. Active during Weekly holidays:**

Be creative and enjoy your holidays by engaging in hobbies and active work. Participate in special camps, go on trips, participate in adventures, keep the house and home clean and keep the environment good. Apart from this, you should participate in other activities with care and plan your day and stay active.

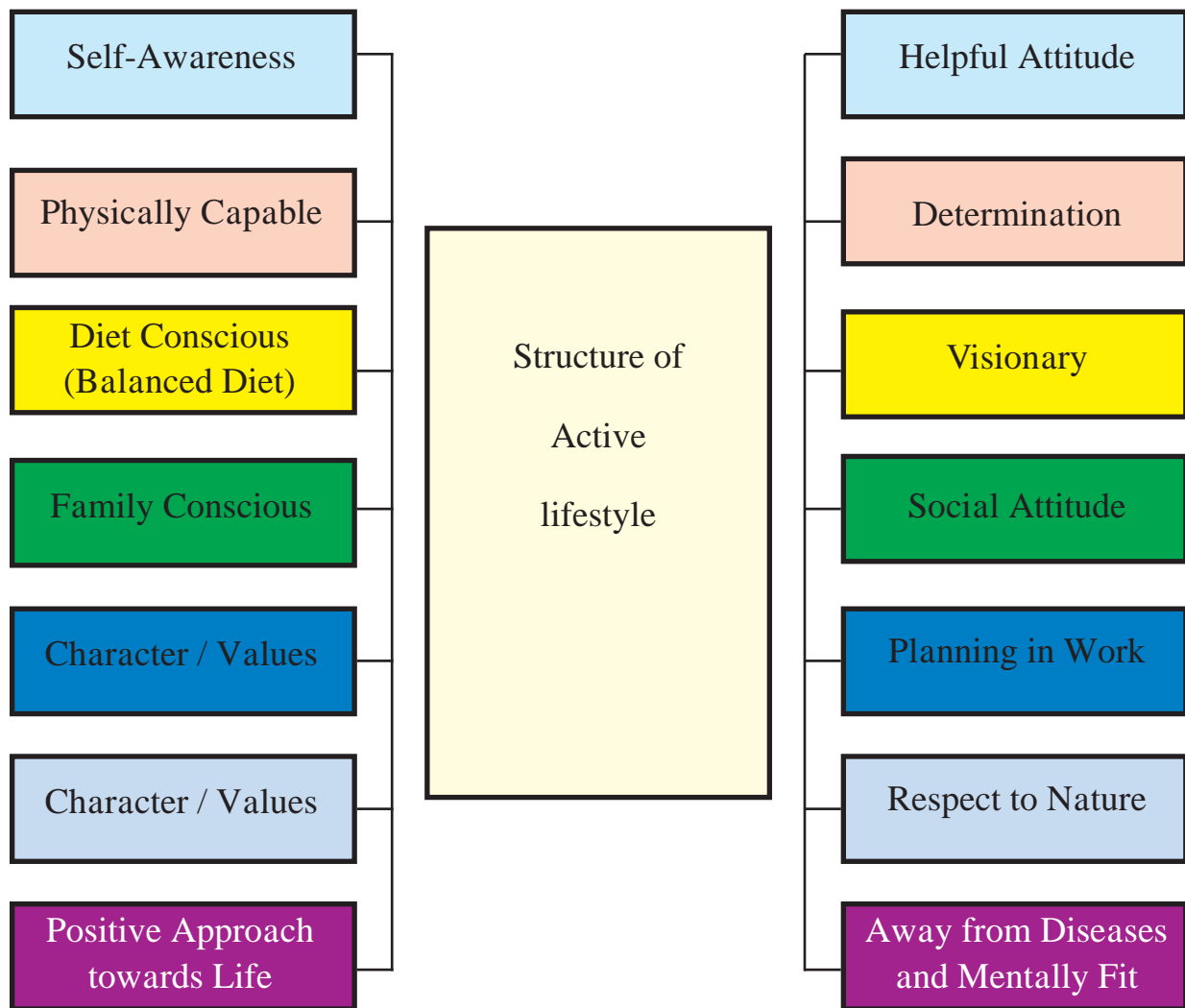
## **5. Know the Value of Efforts:**

Effort in current era has decreased to a great extent due to which the value of efforts seemed to be lost. Effort brings physical and mental fitness but nowadays effort is compared to low self-esteem which is one of the prime reason for poor

fitness. Engaging in daily household efforts like gardening and creating best out of waste will make you aware about the value of effort. In modern times problems can arise without any intimations and the best example is the COVID-19 pandemic which has made many individuals effortless. To overcome this pandemic better immune system is going to be vital. According to you what type of lifestyle is important – active or sedentary? Not only this, but we need to

know which lifestyle to inculcate to deal the new viruses and illnesses emerging in future. For this many scholars are suggesting various procedures for better immune system through various mediums. Infact physical fitness will result in energetic, happy and fresh mind. Hence healthy body is to be recognized as one of the basic needs of humans (food, clothing and shelter). Living an active, fit, and healthy life is in your hands.

**With the help of following points one can adopt Active lifestyle.**



## Exercise

### Q1. Fill in the blanks

1. To live a happy, energetic and healthy life it is necessary to have ..... and ..... fitness.
2. Each individual's lifestyle is dependent on his ..... and .....
3. In today's modern times, daily work ..... has decreased.
4. .... power/strength in the body helps one to face any illness.
5. It is important to recognize ..... body as one of the human's other basic needs.

### Q2. Match the Following

Part A	Answer	Part B
1) Today's Lifestyle	(.....)	a) Good activities & Hobbies
2) Active Lifestyle	(.....)	b) Courage to face illness
3) Good use of time	(.....)	c) Work of Mechanical and Sedentary nature
4) Better immune system	(.....)	d) Excellent Mental Health
5) Managing Stress & Tension	(.....)	e) Active for Health

### Q3. Write if the following statements are True or False.

1. Lifestyle is a special way of living daily life.  
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2. For better life one needs to change according to the change in environment.  
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3. Good Health cannot be achieved through addiction, laziness and aimless work.  
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4. In free time watching Television is advantageous.  
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5. It is necessary to develop physical efficiency for physical fitness.

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**Q4. Answer in brief**

1. What can be done to remain active on holidays?

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2. What should be done to develop/increase physical fitness?

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3. What does it mean to know oneself?

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4. Which qualities are important to inculcate creative/active lifestyle?

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5. How to make the most of your free time?

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**Q5. Your Friend has become lazy and likes the currently available fast food available in the market. He has become obese due to this. He spends most of his free time watching Television. What are the effects of this on his future life? Suggest your opinion.**

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**Q6. Fill the table given below based on your daily lifestyle.**

<b>My Daily Routine</b>		
<b>S.N.</b>	<b>Time</b>	<b>Daily Activity/Program</b>
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		

**Supplementary Study :**

Collect information on individuals who through their planned active lifestyle have benefitted themselves and the society.

