



FITT 04: PHYSICAL ACTIVITIES TOWARDS HEALTH AND FITNESS 2

REFLECTION

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TITLE

WHAT I LEARN?

- ♥ Recreational activities play an essential role in our lives, providing opportunities for relaxation, enjoyment, and personal growth. Engaging in basic recreational activities has taught me valuable lessons that have positively influenced various aspects of my life. From pursuing hobbies to participating in sports, here are some of the key insights I've gained from these experiences.

WHAT I VALUE?

- ♥ What I value most about basic recreational activities is the opportunity they provide for relaxation and stress relief. Engaging in simple and enjoyable pastimes allows me to disconnect from the pressures and demands of everyday life, creating a space for me to unwind and rejuvenate. Whether it's taking a leisurely stroll in nature, practicing mindfulness through meditation, or immersing myself in a captivating book, these activities offer a much-needed break from the hustle and bustle. The value lies in the ability to find solace, recharge my mind and body, and restore a sense of balance in the midst of a busy world.

I WILL APPLY?

- ♥ What I apply from engaging in basic recreational activities is the valuable lessons and skills that I acquire and implement in various aspects of my life. Through these activities, I develop discipline and perseverance, as I strive to improve my performance and achieve personal goals. The focus and dedication required in recreational pursuits translate into my professional endeavors, helping me stay committed and motivated to excel. Additionally, the problem-solving and critical thinking skills I cultivate during recreational activities empower me to approach challenges in other areas of life with creativity and resilience. The ability to manage time effectively, prioritize tasks, and maintain a healthy work-life balance are all practical applications that I derive from engaging in basic recreational activities. By consciously applying the lessons and skills learned, these activities become not only sources of enjoyment but also valuable tools for personal growth and success in various domains.

