

CHAPTER 5. ACTIVE LIFESTYLE

Q.1. Fill in the blanks

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

Q.2. Match the Following Part A Answer Part B

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

Q.3. Write if the following statements are True or False.

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

Q.4. Answer in brief

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

ANS: - 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.

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

ANS: -. 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. What does it mean to know oneself?

ANS: - 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. 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.

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

ANS: - Self-Awareness Helpful Attitude, Determination, Visionary, Social Attitude, Planning in Work, Respect to Nature, Physically Capable, Diet Conscious (Balanced Diet), Family Conscious, Character / Values, Positive Approach towards Life, Away from Diseases and Mentally Fit.

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

ANS: - 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 aim less 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.