**What is Inheritance?**  
Inheritance is an object-oriented programming feature that allows one class (child) to use the attributes and methods of another class (parent). This way, you don’t have to rewrite code that already exists—you can reuse it and add specific changes if needed.

**Main Benefit:**  
It saves code and makes maintenance easier. If something changes in the parent class, all child classes automatically get the update.

**Application in my program:**  
In the Mindfulness project, I created a base class MindfulnessActivity with common parts, and child classes like BreathingActivity inherited and adapted this behavior.

**Code Example:**

public class MindfulnessActivity {

protected String title;

public MindfulnessActivity(String title) { this.title = title; }

public void start() {

System.out.println("Starting: " + title);

}

}

public class BreathingActivity extends MindfulnessActivity {

public BreathingActivity() {

super("Breathing Exercise");

}

@Override

public void start() {

super.start();

System.out.println("Breathe deeply for 60 seconds.");

}

}

This way, BreathingActivity uses what already exists in MindfulnessActivity and only adds what is specific to it. This makes the program more organized and easier to expand.