

# Health And Fitness

## According To WHO:

Only one in three children are physically active every day. Only one in three adults receive the recommended amount of physical activity each week. Only 35 – 44% of adults 75 years or older are physically active, and 28-34% of adults ages 65-74 are physically active. Children now spend more than seven and a half hours a day in front of a screen (e.g., TV, videogames, computer).

## Idea and Plan:

My idea is :

- I. To display a healthy quote everyday, which will force them to think about what are they doing to their life and aware them about health and fitness.
- II. For children – I am gonna introduce physically active games which will keep them fit and songs about health and fitness, which will help them to stay away from mobilephones and TVs.
- III. For adults- I am gonna introduce them to yoga and by taking a daily report from them, I am going to tell them how much calorie they have to consume everyday and how much exercise they have to do or walk to keep them fit.
- IV. For medical patient- First I will confirm what type of problem they have (they have gone from a surgery or anything like that) and “by making a separate function in program which may be long in size” I will show them what to do to keep themselves fit along with doctor’s advice.

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