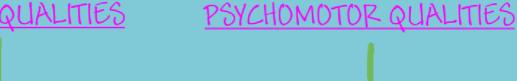


All human beings need a group of <u>qualities and attributes</u> that will help us develop our daily life activities and keep healthy and active...

PHYSICAL QUALITIES



- STAMINAL ENDURANCE
- SPEED
- STRENGTH
- FLEXIBILITY



- COORDINATION
- AGILITY
- BALANCE

Doing physical exercise is the only way to develop these qualities and therefore IMPROVE our health and ability to face daily challenges If you don't exercise them, you will loose them.

- Control your body weight.
- Lower heart disease risk.
- Lower heart disease risk.
- Strengthen your bones and muscles.
- Improve your mental health and mood.
- Improve your chances of living longer.
- Increases your chances of and better.



BENEFITS OF PHYSICAL ACTIVITY



HEALTH AND FITNEES I

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