

HEALTH AND PHYSICAL FITNESS



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

PHYSICAL QUALITIES



- STAMINA/ ENDURANCE
- SPEED
- STRENGTH
- FLEXIBILITY

PSYCHOMOTOR QUALITIES



- 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 lose them.



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



BENEFITS OF PHYSICAL ACTIVITY



HEALTH AND FITNESS I

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