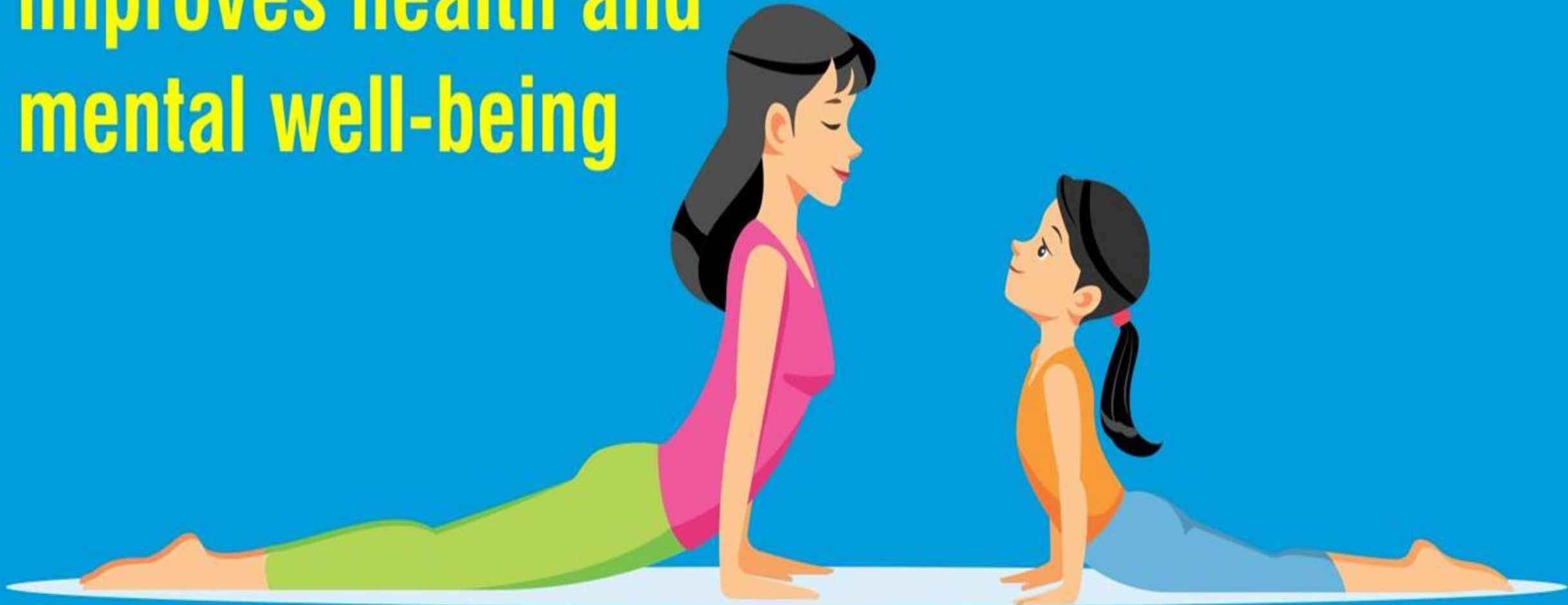


Fitness



- Participating in physical activity is beneficial to people of all ages. Physical activity contributes to fitness, a state in which people's health characteristics and behaviors enhance the quality of their lives.

Regular **Physical activity**
improves health and
mental well-being



FITNESS means “readiness”. The level of fitness includes all aspects of physical, mental, and social health.

Fitness isn't
a seasonal
hobby.

Fitness is a
lifestyle.



Exercise is Important...

Why Don't We Do It



I don't have enough time

I Don't Like It!

I get bored!!

I am too tired!!

I don't know what to do!

What is Physical Activity?

**Anything that gets
you moving!**



Importance of Yoga in Life



- Reduce Stress
- Increase strength
- Increase Flexibility
- Increase Energy

Few Physical Activities



HEARTIANS IN ACTION



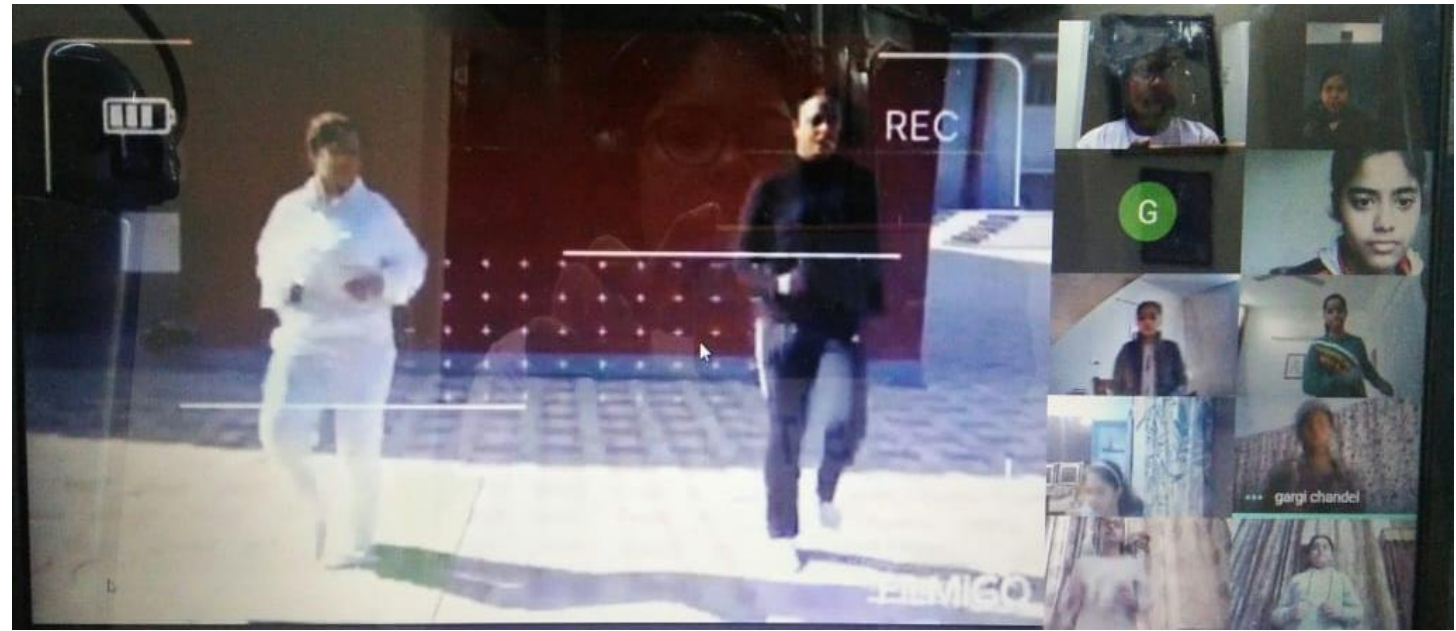
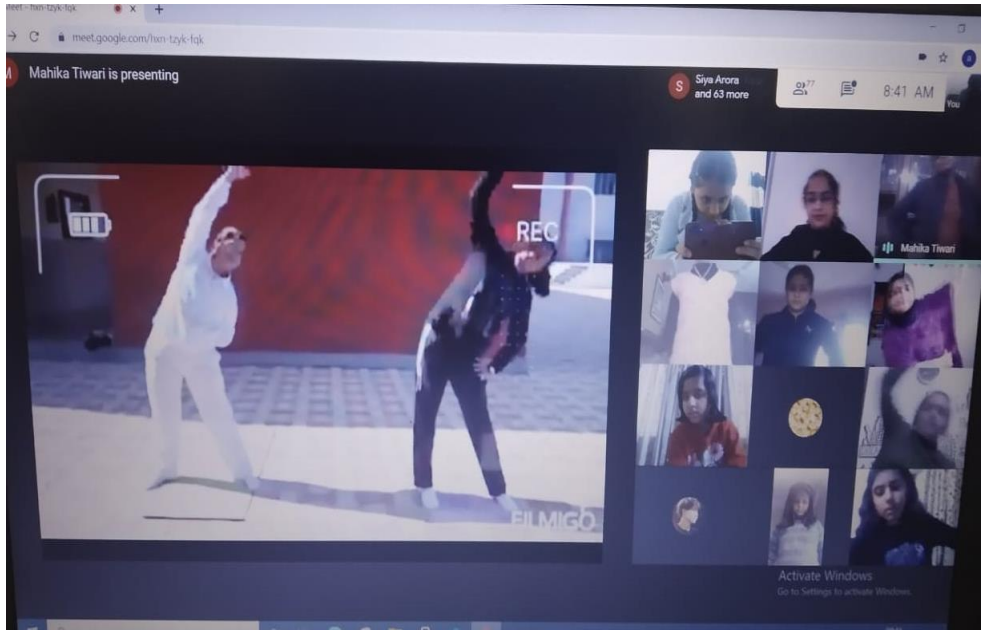
EXCUSES, EXCUSES...

**IT'S NOT ABOUT
"HAVING" TIME.**

IT'S ABOUT

MAKING TIME.

YOU MADE TIME TO READ THIS DIDN'T YOU?









Believe...



...**anything** is possible!