ONE PAGE SUMMARY

Academic Education CBSE › Class 11 Arts › Physical Education

Physical Fitness and Wellness

Achieve a Balanced Life Through Physical Fitness and Wellness

DEFINITION

> Physical fitness refers to the body's ability to perform daily activities without fatigue, while wellness encompasses overall health and well-being.

KEY CONCEPTS

Components of Fitness

These include cardiovascular endurance, muscular strength, flexibility, and body composition.

Importance of Nutrition

Proper nutrition fuels the body, supports fitness goals, and enhances overall wellness.

Mental Health Connection

Physical activity is linked to improved mood and reduced anxiety, contributing to mental wellness.

Regular Exercise

Engaging in consistent physical activity is crucial for maintaining fitness and preventing health issues.

Lifestyle Choices

Healthy lifestyle choices, including sleep and stress management, are essential for overall wellness.

EXAMPLES

→ Walking for 30 minutes daily to improve cardiovascular health

→ Eating a balanced diet rich in fruits and vegetables

→ Practicing yoga to enhance flexibility and reduce stress

MEMORY TIPS

★ Use the acronym F.I.T.T. (Frequency, Intensity, Time, Type) to remember exercise principles.

★ Think of the '5 components' of fitness as a hand with five fingers.

★ Remember 'Eat, Move, Rest' for balanced wellness.

COMMON MISTAKES

✗ Neglecting the importance of rest and recovery in fitness routines.

✗ Overlooking mental health aspects of physical fitness.

✗ Failing to maintain a balanced diet while focusing on exercise.

QUICK RECAP

Physical fitness is essential for daily functioning, while wellness includes mental and emotional health. Regular exercise and proper nutrition are key to achieving both. Remember to balance physical activity with rest and healthy lifestyle choices.