

**Course Name: Bachelor of Physical Education**

**Year: IInd**

**Paper Name: Kinesiology and Physiology of Exercise**

**Paper No. 1**

**Topic No. Sec - D (2)**

**Topic Name: Physical Fitness**

**Lecture No.: 12**

**Lecture Title**  
**Physical Fitness**

**Summary**

Regular physical activity is one of the most important things you can do for your health. It can help

- Control your weight
- Lower your risk of heart disease
- Lower your risk for type 2 diabetes and metabolic syndrome
- Lower your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

Fitting regular exercise into your daily schedule may seem difficult at first. But even ten minutes at a time is fine. The key is to find the right exercise for you. It should be fun and should match your abilities.