

**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.: 13**

**Lecture Title**

**Benefits of Fitness**

**References:**

Health and physical education (Hindi) part -2

Lifetime Physical Fitness and Wellness

The First 20 Minutes: Surprising Science Reveals How We Can: Exercise...  
Book by Gretchen Reynolds

Links:

<http://www.health-galaxy.com>

<https://www.cdc.gov>

<http://www.mayoclinic.org>

<http://www.medicinenet.com>