

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

Summary

Physical fitness is considered a measure of the body's ability to function efficiently and effectively in work and leisure activities, to be healthy, to resist hypo kinetic diseases, and to meet emergency situations. It reduces disease, stroke, High blood pressure, Type 2 diabetes, Obesity, Depression, Breast and colon cancer, Osteoporosis