

**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.: 14**

**Lecture Title**

**Common Test in Fitness**

**Summary**

Physical activity is essential to prevent and reduce risks of many diseases and improve physical and mental health. It can even help you live longer. Exercise is undoubtedly beneficial, it is not true that the more exercise you do or the harder you work the body, the better the results. Too much physical activity can lead to injury. It is essential to maintain a balance between working out the muscles without overdoing it. Know that your body gets stronger during rest and recovery