



FAQs

1. What is physical activity?

Ans: Physical activity is anything that makes to move the body and burn calories.

2. What type of exercise is not recommended just after the completion of first 3 months of pregnancy?

Ans: Just after the completion of first 3 months of pregnancy, it is not recommended to do the exercises that involve lying on the back.

3. Write any one exercise pattern that can be recommended for the improvement of the overall cardiovascular health of a person.

Ans: Performing at least 30 minutes of moderate-intensity aerobic activity for 5 days for a total of 150 minutes per week can improved the overall cardiovascular health of a person.

4. Highlight some of the important points for starting fitness program.

Ans: Following are some of the important points for starting fitness programs.

- a) To assess the fitness level
- b) To design the fitness program
- c) To assemble the equipment
- d) To get started
- e) To monitor the progress

5. What are the guidelines for the recommendation of exercises for children and youth?

Ans. The guidelines for children and youth are discussed below.

1. Children and youth are advised to do 60 minutes or more of physical activity every day.
2. Most physical activity should be moderate-intensity aerobic activity. For examples walking, running, skipping, playing on the ground, playing basketball, and biking.

3. Vigorous intensity aerobic activity should be included at least 3 days a week. For examples running, doing jumping jacks, and fast swimming.
4. Muscle-strengthening activities should be included at least 3 days a week. For example hopping, skipping, jumping jacks, playing volleyball, and working with resistance bands.