



Summary

Physical activity is anything that makes to move the body and burn calories. This includes things like climbing stairs or playing sports include walking, jogging, swimming or biking. The exercise guidelines recommend the types and amounts of physical activity that has to be done by children, adults, older adults and other groups of people. An indemnity bond acts as coverage for loss of an obligee when a principal fails to perform according to the standards agreed upon between the obligee and the principal. A fitness and health club is required to acquire a license first before they go into operation. Thus, physical activity can reduce the risk of chronic disease, improve the balance and coordination, help to reduce weight and even improve the sleep habits and self-esteem.