



## FAQs

### **Q1. What is physical exercise?**

**Answer:** Physical exercise is the performance of some activity in order to develop or maintain physical fitness and overall health.

### **Q2. How can you categorized exercise and physical activity?**

**Answer:** Exercise and physical activity fall into four basic categories they are Endurance, Strength, Balance and Flexibility.

### **Q3. What is the role of balance exercise?**

**Answer:** Balance exercise strengthens the lower-body and also will improve balance like standing on one foot, heel-to-toe walk and tai chi.

### **Q4. What is calisthenics?**

**Answer:** Calisthenics are exercises consisting of a variety of gross motor movement's i.e, running standing, grasping, pushing, etc. often performed rhythmically and generally without equipment or apparatus.

### **Q5. Which exercise is good to strengthen the lower back?**

**Answer:** Hyperextensions exercise is good to strengthen the lower back.

### **Q6. What is weight training exercise?**

**Answer:** Weight training exercises are a type of strength training exercises in which we use the force of gravity to build muscle strength, often through the use of fitness equipment.