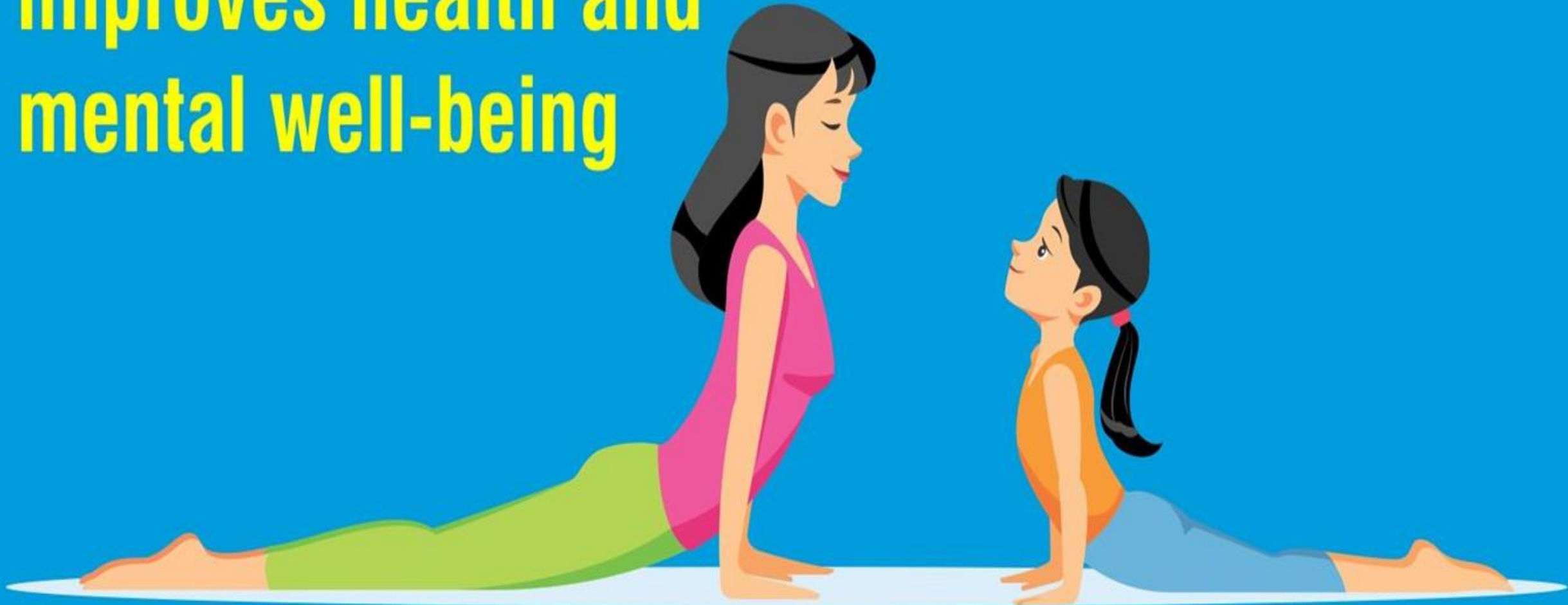


Fitness



- Participating in physical activity is beneficial to people of all ages. Physical activity contributes to fitness, a state in which people's health characteristics and behaviors enhance the quality of their lives.

Regular **Physical activity**
improves health and
mental well-being



FITNESS means “readiness”. The level of fitness includes all aspects of physical, mental, and social health.

Fitness isn't
a seasonal
hobby.

Fitness is a
lifestyle.



Exercise is Important...

Why Don't We Do It



I don't have enough time

I Don't Like It!

I get bored!!

I am too tired!!

I don't know what to do!

What is Physical Activity?

**Anything that gets
you moving!**



Importance of Yoga in Life



- Reduce Stress
- Increase strength
- Increase Flexibility
- Increase Energy

Few Physical Activities



HEARTIANS IN ACTION



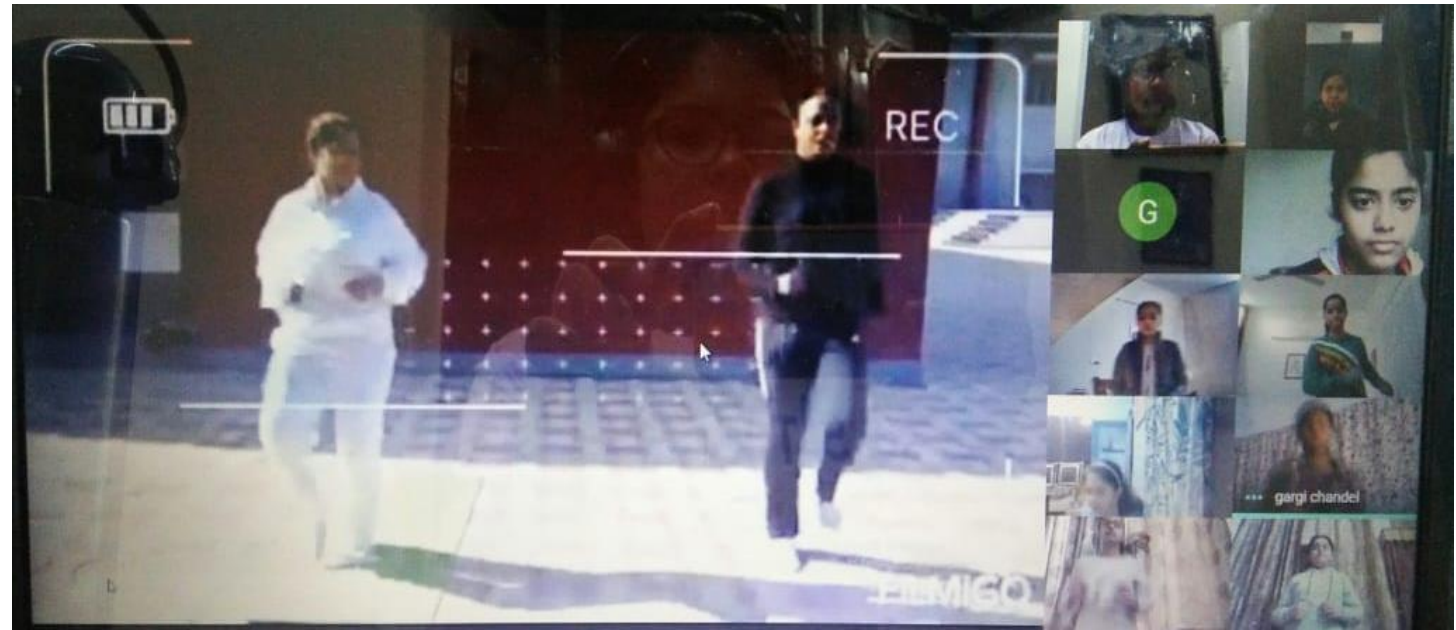
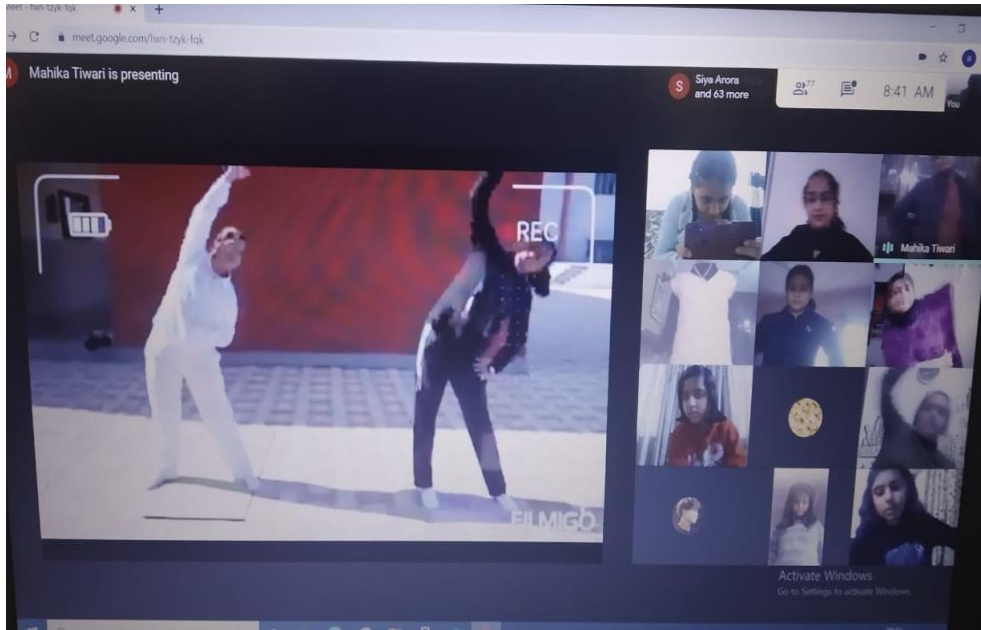
EXCUSES, EXCUSES...

**IT'S NOT ABOUT
"HAVING" TIME.**

IT'S ABOUT

MAKING TIME.

YOU MADE TIME TO READ THIS DIDN'T YOU?









WORKOUT
BECAUSE YOU
LOVE YOUR SELF,
NOT BECAUSE
YOU HATE
YOUR BODY.



SLOW
PROGRESS
IS BETTER
THAN
NO
PROGRESS



"Exercise not only
changes your body,
it changes your mind,
your attitude
and your mood."



Believe...



...**anything** is possible!