
FIT INDIA SCHOOL WEEK-2020

(Day 1) Activity:-7/12/2020

- (i) Shuttle Running
- (ii) Rop Skipping

(Day 2) Activity:- 8/12/2020

- (i) Comman Yoga
- (ii) Open letter to Youth of the Nation on "Power of Fitness"

(Day 3) Activity:-9/12/2020

- (i) Poster Making Competition on theme "Hum Fit Toh India Fit"
- (ii) Preparing advertisement on "Hum Fit Toh India Fit"

(Day 4) Activity:-10/12/2020

- (i) Essay/Poem writing competition on theme "Fitnessbeats pandemic"

(Day 5) Activity:-11/12/2020

- (i) Quiz related to sports

Day-1 – Shuttle Running & Rop Skipping



Day -2 Common Yoga & Open Letter to youth of the nation on “Power of Fitness”



Letter Writing

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To,

The youth of the Nation

8th Dec, 2020

Dear youth's

Sub → Power of fitness

Health and fitness is the most important aspect of our life. There is nothing more important than health for any human being. When we are healthy and fit we are able to enjoy our life well. We can talk to our near and dear one, we can talk to our near and dear one, we can laugh, smile, travel, enjoy food, and sleep well.

But when our health and fitness is not up to the mark, we are unable to do anything properly and stay behind. We cannot enjoy eating, watching sports or movies.

Our health and fitness are more valued than our wealth. In fact, our elders were always been focused on the health and fitness part. They treasure it like wealth.

Thank you.

Varsha Shah

Class → 10

A. N. M. P. School, Culabrai, Rudrapur.

Power of fitness

(1)

To all my friends & youth of the nation!
Today, I'm very delighted to introduce
a best friend of human life to you all &
it'll last with you until your last breath.
Any guesses?? Who is this?? Yes! Definitely this
is 'Health', 'our health', and do you know that
health is that weapon which can help you
to be no. 1 in every aspect of your life.
But, wait! wait! what if I ask you that what
you know about this friend? Probably, you must
be remembering the world famous definition of
WHO, 'health is a state of complete mental,
social & physical well-being, not merely the absence
of disease'. But this is WHO's opinion, right?
What's your opinion about health? From my
perspective health is that 'J' which completes
99 to become a full 100. Like 'J' completes '99',
health completes us. Without being fit there's always
incompleteness in our lives, & that's why our
forefathers had also said - 'HEALTH IS WEALTH'.
If you have health, you have wealth, if you've
wealth then you'll have all the luxury which
you & I are dreaming for.

Even our very own & respected Gandhiji had also
emphasised on importance of health. His sayings
reflects it, 'It's health that's real wealth & not
pieces of gold & silver'. A fit person is not only
appreciated well by his parents, society but
on a whole he's considered an 'asset' whereas
an unhealthy person is considered as 'liability'.
Dear friends, we're like tyres of this
developing nation & if we'll develop holes in
ourselves then how we'll fulfill our duty
towards our nation?

**FIT
INDIA
FREEDOM**

HUM

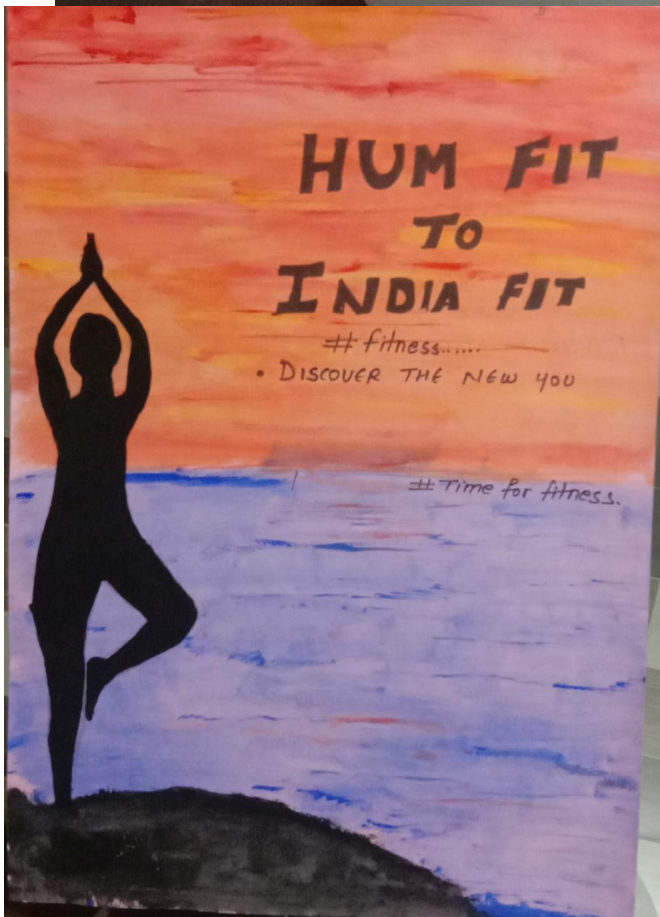
FIT

TOH

INDIA

FIT

Run Anywhere,
Anytime and
promote fitness as
a Daily Routine



Day-4 Essay/Poem writing competition on theme "Fitness beats pandemics"

fitness * beats * Pandemic { Essay }

- **Introduction:** Physical fitness is one of the most important key to a healthy body. It is the basis of creative artistic activity. Physical fitness means the condition of being physically healthy, especially exercises and proper nutrition it even includes being mentally healthy. It is a reason a state reason, a state of generally well-being marked by physical health and mental stability.
 - **Exercise boosts the immune system:** Research shows that regular, moderate-intensity exercise has immune-boosting benefits that may help your body fight off infections, including COVID-19.
 - **Exercise may prevent weight gain:** Exercise can help you burn extra calories caused by dietary changes and offset the effects of sedentary activities.
 - **Exercise reduces stress and anxiety:** Exercise is a proven mood-booster and can help adults reduce stress levels and build emotional resilience.
 - **Exercise improves sleep:** There is evidence that suggests regular exercise helps you fall asleep faster and improves the sleep quality and getting a good night's sleep has also been found to boost your immune system.
- Exercise may be especially beneficial for older adults and people with chronic health conditions, such as diabetes, arthritis, or heart disease. Regular exercise help to improve balance, flexibility, strength, mobility and cardiovascular health and it can boost energy and overall well beings.

➤ Medication, yoga and health: Medication, Yoga and health are part of our life. Medication and yoga are part of our life from ancient time. They not only make us physically fit but mentally strong as well. Our mind gets relaxed and thinking becomes positive.

A healthy mind is key for a healthy body. Yoga makes us stressfree and improves the endurance power of the mind. Yoga controls our "Blood Pressure". With Yoga, a strong bond with nature is established. Meditation is considered the best way to fight depression.

➤ Conclusion:-

A person stays happier when he/she is fit and healthy. A fit and healthy person is less prone to chronic diseases. The healthy mind reacts better in a pressure situation. The self-confidence of a person is increased. Risk of heart failure is reduced drastically. With the increased immunity, power body could fight cancerous cells. The intensity of the fracture is decreased with regular exercise.

Thank You

Name = Shivani Bantwal

Class = Xth

School = A. N. M. S. Sr.
Public School Aulabrai
Rudraprayag

FITNESS BEATS PANDEMIC

We have always heard the words 'health' and 'fitness'. We use it ourselves when we say phrases like 'health is wealth' and 'fitness is the key'. What does the word health really mean? It implies the idea of 'being well'. We call a person healthy and fit when he/she function well physically as well as mentally.

Factors Affecting our Health and Fitness

Good health and fitness is not something which one can achieve entirely on our own. It depends on their physical environment and the quality of food intake. We live in villages, towns and cities.

In such places, even our physical environment affects our health. Therefore, our social responsibility of pollution-free environment directly affects our health. Our day-to-day habits also determine our fitness level. The quality of food, air, water, all helps in building our fitness level.

Role of Nutritious Diet on our Health and Fitness:-

The first thing about where fitness starts is food. We should take nutritious food. We should take Food rich in protein, vitamins, minerals, and carbohydrates is very essential. Protein is necessary for body growth. Carbohydrates provide the required energy in performing various tasks. Vitamin and minerals and help in building bones and boosting our immune system.

However, taking food in uneven quantity is not good for the body. Taking essential nutrients in adequate food amount is called a balanced diet. Taking a balanced diet keep body and mind strong and healthy. Good food helps in better sleep, proper brain functioning and healthy body weight.

Include vegetables, fruits, and pulses in daily diet. One must have a three-course meal. Having roughage helps in clearing inner body organs. Healthy food habit prevents various diseases. Reducing the amount of fat in the diet prevents cholesterol and heart diseases.

Impact of Exercise on our Health:-

Routine exercise helps improve our muscle power. Exercise helps in good oxygen supply and blood flow throughout the body. Heart and lungs work efficiently. Our bones get strong and joints have the pain free movement.

We should daily spend at least twenty minutes in our exercise. Daily morning walk improves our fitness level. We should avoid strenuous gym activities.

Exercise burns our fat and controls the cholesterol level in the body. Various outdoor games like Cricket, football, volleyball, etc keeps our body fit. Regular exercise maintains our body shape.

Meditation, Yoga, and Health:-

Meditation and yoga are part of our life from ancient time. They not only make us physically fit but mentally strong as well. Meditation improves our

concentration level. Our mind gets relaxed and thinking becomes positive.

A healthy mind is key for a healthy body. Yoga makes us stress free and improves the endurance power of the mind. Yoga controls our blood pressure. With yoga, a strong bond with nature is established. Meditation is considered the best way to fight depression.

Conclusion:-

A person stays happier when he / she is fit and healthy. A fit and healthy person is less prone to chronic diseases. The healthy mind reacts better in a pressure situation. The self-confidence of a person is increased. Risk of heart failure is reduced drastically. With the increased immunity power body could fight cancerous cells. The intensity of the fracture is decreased with regular exercise.

Name: Deepika

Class: 10th

Day-5 Quiz related to sports



