

Important Questions

Short Type Question (3 Marks Each)

Q.1 Briefly explain the importance of wellness.

Ans. Importance of wellness:

1. It help in the improvement and toning up the muscle.
2. It reduces the recovery time after injury or illness.
3. It help in fulfilling proper nutritional requirements.

Q.2 Describe the importance of healthy positive lifestyle.

Ans. Importance of healthy/ positive lifestyle are-

(1) Increase the longevity: A healthy lifestyle increases the longevity. It slows down the ageing process and helps the older person to stay strong and healthy.

(2) Increase the level of energy: An individual with a healthy lifestyle feels more energetic which means more productivity in day to day living.

(3) Helps in reducing depression: Healthy lifestyle helps in accomplishing a healthy body which in turn elevates hormone level in the body that regulates the mood.

Q.3 Discuss 'healthy diet' as a component of positive lifestyle.

Ans. Healthy diet or good nutrition is one of the main components of positive lifestyle. In fact, a healthy diet of good nutrition is necessary to lead a healthy or positive lifestyle. The basic of a healthy diet are lots of fruits and vegetable, whole grain food and low fat diary products.

Such diet required everyday in order to maintain the adequate amount of vitamins nutrients and minerals needed to maintain a healthy body. That is why it is rightly said that **to eat is a necessity but to eat intelligently is an art.**

5 Marks Question

Q1. What do you mean by the term physical fitness? Explain the component of physical fitness in detail.

Ans. Physical fitness is the **total functional capacity** of an individual to perform a given task. It means that it is the body's ability to **function efficiently**, to enjoy leisure time, to be healthy, to resist hypokinetic diseases and to meet unforeseen situation. It consists of health related fitness and skill related physical fitness. Physical fitness and exercises habits developed in early years provide a **foundation for life time**. Since activity is the basis of life and human body cannot remain in normal condition without activity therefore optimal physical fitness is not possible without regular exercise.

Components of physical fitness

There **are five physical** fitness components.

These are

- Speed
- Strength
- Endurance
- Flexibility
- Coordination