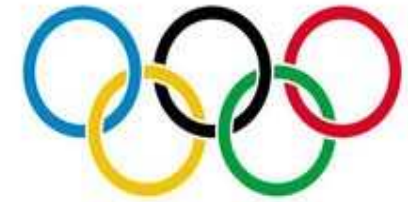


S.S.A's Arts & Commerce College, Solapur.

Physical Education and Sports



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I/C. Principal



Why do Exercise ?

How Much Exercise Do You Do?



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Why Do We Need to Exercise?

- ❖ Learning Objective : To Know that we Need Exercise to Stay Healthy and to Maintain our Muscles.



What Things Help us to Stay Healthy?

- ❖ Many Health Problems Associated with the Digestive System are a Result of a Poor Diet.
- ❖ The Effects of Poor Eating and Little Exercise may take many years to show, therefore it is very Important we eat Healthily and Exercise Regularly now.

How do You Spend Your Free Time?

- Swimming?
- Playing Football?
- Dancing?
- Watching TV?
- Playing Video Games?
- Playing in the Park?
- Playing Games in Mobile



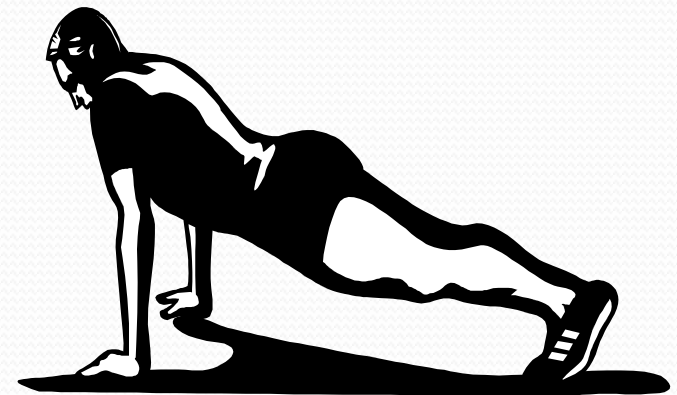
What Benefits Will we Get if we Take Regular Exercise?

- ❖ We will Feel Healthier.
- ❖ Our Heart will be Stronger.
- ❖ Our Lungs will be More Efficient as they will Expand more when Taking in Air.
- ❖ It will Improve Illnesses Like Asthma.
- ❖ Our Immune System will be Stronger, therefore Less Illness.
- ❖ We will Maintain a Desired Weight.
- ❖ We will be More Alert and Ready to Work.
- ❖ Our Muscles will be Stronger.



Task:

- Look Back Over What you did at the Weekend.
- Draw a Pie Chart that maps one of your Weekend Days Including both Active and Passive Activities.
- Then Consider Whether you Think you do Enough Exercise and Record ways you can Become more Active and Whether you Could Eat a Healthier Diet.
- **Are you as Healthy as you Could be?**



Extension:

- Note Down the Benefits that you will See from Maintaining a Healthy Lifestyle and Write Down the Factors that you can do to Contribute to this.



