



**Q2. You are Mr. Raghav, Physical Education Teacher in your school. Write an article for the school magazine, in 150-200 words, on 'Exercise and Healthy Living'. You may take hints from Unit- 'Health and Medicine', including your own ideas.**

**Answer:**

## **EXERCISE AND HEALTHY LIVING**

**By: Mr. Raghav**

Modern life can be quite stressful and taxing and therefore it is most important to live a healthy life which we can lead only through a disciplined routine and regular exercise. The health benefits of physical activity and exercise are hard to ignore.

Exercise keeps one active, alert and also sharpens one's memory. It enables one to develop a positive attitude, increases productivity and gives long life. Morning walk, Yoga, aerobics and other exercises help us to lead a healthy life. Moreover, regular physical exercise improves one's muscle strength and boosts endurance. Exercise and physical activity deliver oxygen and vital nutrients to our tissues and help our cardiovascular system work more efficiently.

Exercise and physical activity can also be a fun way to spend time. It gives us a chance to unwind, enjoy the outdoors or simply engage in activities that make us happy. As a general rule, aim for at least thirty minutes of physical exercise every day. Exercise is the miracle cure we have always had but sometimes, probably for too long, we neglect to take our recommended dose.

People of all ages need to exercise and reduce their sedentary lifestyle which means we all need to think about increasing the types of physical activities that can easily be included in our daily routine.

