



EXERCISES FOR LIFESTYLE CHOICES AND HEALTH

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ABSTRACT

This paper aims to focus upon the various aspects of health and fitness concentrating upon the choice of exercises. We all know that exercise is important in our daily lives, but we may not know why or what exercise can do for us. It's important to remember that we have evolved from nomadic ancestors who spent all their time moving around in search of food and shelter, travelling large distances on a daily basis. Our bodies are designed and have evolved to be regularly active. If you don't exercise, your muscles will become flabby and weak. Your heart and lungs won't function efficiently. And your joints will be stiff and easily injured.

Keywords: Lifestyle, health, exercises, fitness
