

HEALTH & FITNESS

 For a successful happy and peaceful life, health and fitness are very important if a person is healthy and fit he/she can live the life to its fullest extent health and fitness just does not mean physically but also mentally and healthy fit.

To maintain good health at it best all the time, we need to take care of hygiene and sanitation around us. We must eat healthy and complete diet. Physical and mental fitness is important for a person to be successful and contribute to the society.  We can maintain mental fitness by regularly exercising mind, by reading, Writing, problem-solving and learning new topics. We can improve our physical fitness by exercising regularly in the morning and evening.  Maintaining health and fitness need not be costly it is within the reach of everyone. We need to devote some attention and time to these aspects.  “STAY HEALTHY & FIT & ENJOY LIFE THE MOST”.

**Sandeep Kaur**

**Kindergarten Teacher**