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The goal of Concepts of Physical Fitness: Active Lifestyles for Wellness--described in terms of the "HELP" philosophy stated above—is to help all people make personal lifestyle changes that promote health, fitness, and wellness over a lifetime.

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Physical fitness- Concept| Meaning| Importance - sportsjone

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Concepts of Physical Fitness: Active Lifestyles for ...

Physical Fitness The body's ability to function efficiently and effectively. It consists of health-related physical fitness and skill-related physical fitness, which have at least 11 components, each of which contributes to total quality of life

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Meaning of physical fitness: Physical fitness is the capacity to do work effectively with joy and pleasure. After the work is over, he still has sufficient

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capacity to do more work without any exertion. Moreover, his recovery must be faster and quicker. Physical fitness is related to work or task. It is a good physique.

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