

Describe an activity you do to keep fit Model answer 1

Introduction

Nowadays, there are so many things to work on, and the busy schedules have made people less healthy. At the same time, many options have opened for fitness namely – Gyms, Pilates, yoga classes, and Zumba. A majority of the individuals are not able to spare time for exercise and therefore, from their routine schedule, they spend a couple of hours at gyms or pilates or yoga, etc. in order to remain fit.

What the activity is?

My choice of preference is to perform yoga on a daily basis. I go to yoga classes in order to remain fit.

When and where you usually do it?

There is a Yoga centre near my residence and I go in the morning at 6 to perform yoga.

How you do it?

Initially, we are said to do meditation for a fraction of a minute. After that, there is an activity on inhalation and exhalation which boosts the immune system and it worked like magic to me. Most importantly, at the end they make us perform Surya Namaskar. Its 12 steps help the entire body to relax and at the same time performing it on a regular basis helps me to remain fit and healthy.

Explain why it can keep your fit?

Meditation has always been said to keep our physical and mental state stable and thus by practicing it on a daily basis it helps me to remain healthy and energetic.

Conclusion

To sum up, I would like to say that, for each and every individual it is crucial to remain fit for a better future and to cope up with all the hustle and bustle of life.

Describe an activity you do to keep fit Model answer 2

Introduction

There are so many things I do to keep myself fit and I have maintained the consistency of keeping my routine healthy all day.

What the activity is?

To begin with, I go for a walk early in the morning in the garden to maintain my physical health. These morning walks are quite refreshing and it helps me to boost energy and work efficiently all day.

When and where you usually do it?

As I have mentioned before, I go for a walk in the garden in the morning. The garden is situated near my residential area. The garden is really huge and it has a broad path for people to walk.

How you do it?

The Garden is the best place to increase fitness. There are many reasons behind this, firstly, when I walk in the garden I am surrounded by a green cover which helps me to breathe fresh air while taking a walk. Secondly, birds chirping soothes my mind. As a result of this, I maintain my fitness and it has made a positive impact on my body.

Explain why it can keep your fit?

With these early walks, I get my cardio done which is the best exercise. In addition to this, the sun rays during the dawn time provide Vitamin D which is a good source of energy for the entire body.

Conclusion

All in all, I can eventually state that it is essential for all individuals to work out in order to remain fit.

Describe an activity you do to keep fit Model answer 3

Introduction

I believe that in order to remain fit we not only have to exercise but along with it we do have to follow a properly balanced diet in order to have a healthy body. Therefore, I eat a lot of greens in order to remain fit.

What the activity is?

The activity that I do to remain fit is eating a healthy balanced diet and performing yoga.

When and where you usually do it?

Every day, I wake up early in the morning and perform yoga in the backyard of my house after having green tea as it is mandatory to have something healthy before exercise.

How you do it?

To start with, I wake up early at 6 and have green tea along with fruits. After that I perform meditation and do exercise for more than 30 minutes and then I end up my routine with jogging. In addition to this. I prefer exotic vegetables such as broccoli, avocado, and lettuce for my lunch and dinner which help to remain fit. Moreover, all

these greens help to remove all the toxicity from the body and it eventually helps to remain fit.

Explain why it can keep you fit?

The vitamins, minerals, nutrient salts, and all the natural elements are included in such vegetables and it has helped me a lot to cope with the daily work as eating healthy and yoga forms a deadly combination that helps everyone to remain fit.

Conclusion

It is crucial to exercise in this modernizing era as lesser individuals get to spare time for workouts. I firmly believe that the ones who cannot do exercise can shit on greens and a healthy diet to remain fit.

Describe an activity you do to keep fit Model answer 4

Introduction

Everyone's ultimate goal is to stay healthy and fit. Similarly, like every other young person, I used to make a New Year's resolution to join a gym. But, unfortunately, I would procrastinate and act as if I didn't care.

What is it?

I made up my mind to go for a walk. As it was the easiest way and my cousin would always accompany me for the walks because he is a fitness freak.

When and where you usually do it?

I used to sit for hours in front of my system as a techie. As a result, I developed a paunch. I didn't notice it at first. I learned about this during the pandemic lockdown. So, after discussing it with my family members, I learned that a morning walk would be a better option. Therefore, along with my cousin, who also has this issue, I decided to try a morning walk from the next day onwards. The next morning we began walking for a few kilometers. But as we progress with our walk each day by increasing our distance, it gradually profits us with visible results.

How you do it?

We wake up early and just go for a walk. At the time of coming back we have coconut water or fresh juices for vitamins and minerals.

Explain why it can keep your fit?

Within a month of walking, I was able to significantly reduce my belly fat. Now, I believe that if there is a desire to complete a task and we prepare our minds for it, we can do so. Therefore I keep myself fit by exercising on a regular basis, I am no longer concerned about my health because I believe that the mind must be trained first, and then the body will follow.

Conclusion

Exercise plays an important role in every individual's life as without exercise no human body functions properly in my opinion.