

PARAGON CONVENT SCHOOL

SECTOR : 24 B, CHANDIGARH

CHAPTER – 2

KEEPING FIT

SUMMARY

- We should follow a healthy routine to keep ourselves fit and active.
- We should exercise daily, take enough rest and healthy food.
- We should keep our body clean and maintain a good body posture.

Difficult Words

1. Advised
2. Exercising
3. Healthy
4. Enough
5. Maintaining
6. Posture
7. Routine
8. Cycling
9. Swimming
10. Straight

Answer key of exercise (Page no. 15)

(A). Fill in the blanks.

1. Exercise
2. Posture
3. Straight
4. Eight

Question- Answers

Q1. Name any two exercises which you do to keep yourself fit and active.

Ans – I do cycling and dancing to keep myself fit and active.

Q2. Write any one healthy eating habit that you follow.

Ans – I eat fresh fruits and drink plenty of water.

Q3. Why should we keep our body in a good posture?

Ans-We should keep our body in a good posture as it gives proper shape to our body.