

# TABLE OF CONTENTS

Physical Fitness Project

01 **Introduction**

02 **How To Maintain Physical Fitness**

03 **Role of Physical Activity Trainer**

04 **Benefits of Regular Exercise**

05 **Health and Hygiene**

06 **Importance of Safety Measures**

07 **Importance of Physical Fitness**

08 **Conclusion**

Teacher's Signature: \_\_\_\_\_

Submission Date: \_\_\_\_\_