

## **Fitness: A Way of Life**

Report by Jade Fernandes

The fitness workshop at SXIE led the F.Y and S.Y. B.Ed. student teachers to reassess the importance of health and physical activity in their daily lives.



Fitness plays an integral part of human life. It's the basis of measuring the physical health and well-being of an individual. We need to reassess and reintegrate the importance of fitness into our fast-paced and hectic daily lives. For this purpose, 'Fitness: A Way of Life'- a workshop on fitness was held on the 13<sup>th</sup> of January, 2024 at St. Xavier's Institute of Education. The workshop was conducted by Ms. Pratiksha Phadnis- the head of the Physical Education department at Ismail Yusuf College, Mumbai. Ms. Pratiksha introduced the B.Ed. student teachers to the concept of fitness, explaining the processes of energy expenditure and conversion. She laid emphasis on the importance of the different types and levels of physical activity needed to achieve varied physical goals, helping us understand the distinction between mild and strenuous physical activity along with their results. The student teachers applied this newly acquired knowledge by thinking about methods to modify their daily routines to incorporate physical activity and lead a healthy life.

The workshop also had an interactive session wherein the student teachers participated in a fun Zumba warmup session led by Ms. Pratiksha. Ms. Pratiksha explained the techniques and best practices for achieving a good heart thumping warmup session. The warmup session led by quick-paced Zumba dance music had the student teachers and faculty of SXIE ecstatic and motivated to actively indulge in physical activities. This was followed by Ms. Pratiksha demonstrating a few essential core strengthening exercises with the help of a student volunteer. The B.Ed. students of SXIE followed Ms. Pratiksha's instruction to the T while performing the exercises in a safe and energetic manner. Ms. Pratiksha also demonstrated a few yoga exercises to stretch and strengthen the core muscles which are absolutely essential to maintain balance, stability and strength in the human body.



The event ended with Ms. Kalpana Chavan, the faculty coordinator of the fitness workshop extending gratitude to Ms. Pratiksha Phadnis through a heartfelt vote of thanks. Thus, the fitness workshop helped the B.Ed. student teachers and faculty of SXIE learn the importance of fitness and physicality which are integral elements for leading a healthy and prosperous human life keeping in line with the age-old saying 'Health is wealth.'