

LIFE STYLES

1. *Nutrition and physical activity interact in harmony and are the two most important positive factors that contribute to metabolic fitness.*
2. *Every child and adult needs sufficient food and physical activity to express their genetic potential for growth, development, and health.*
3. *For sedentary populations, physical activity must be increased.*
4. *Re-establishment of regular physical activity into everyday life on a daily basis, is essential for physical, mental, and spiritual well-being.*
5. *Education regarding healthy nutrition and physical activity must begin early and continue throughout life. Absence of Measurement and Evaluation subject is the major culprit in Education System. throughout life.*
6. *Nutrition and physical activity must be interwoven into the curriculum of school-age children and that of educators.*
7. *Morden Olympic ideal become swifter, stronger, and fitter through regular physical activity and good nutrition.*
8. *The interaction between genetic and environmental factors influences human development.*