

# FIT AND FUN

## Drill



SEP

23

VIRTUAL MEET

THROUGH ZOOM

TIMINGS:

3:00pm – 3:30pm Grade 3-5 (boys)

3:30pm – 4:00pm Grade 3-5 (Girls)

**CIRCULAR NO: CIR21-23**

**DATE:** 22-09-21

*Physical activity helps with more than weight maintenance and boosted energy.*

## Regular exercise

- promotes positive mental health
- builds strong bones and muscles
- reduces the likelihood of developing obesity
- promotes better quality of sleep
- staying active also impacts academic achievement.
- It helps to improve concentration, memory, and classroom behaviour.

**BY  
MANAGEMENT**