

Class 9 - Physical Education and Well Being

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Age is Just a Number

CBSE NOTES

Age is Just a Number - Revision Guide

Revise faster with structured summaries, key points, and important ideas.



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1. Fauja Singh's marathon achievements inspire.

Fauja Singh completed multiple marathons, showing age doesn't limit athletic performance.

2. Active ageing promotes physical and mental well-being.

Regular physical activity enhances quality of life and combats age-related decline.

3. Exercise is essential to healthy ageing.

Staying active helps maintain muscle strength, balance, and independence in older age.

4. Decline in muscle strength occurs naturally.

As we age, muscle strength decreases, but exercise can significantly slow this process.

5. Physical activity lowers health risks.

Regular exercise reduces risks of diseases like heart disease, diabetes, and obesity.

6. Mental health benefits of exercise.

Physical activity reduces stress and anxiety, improving mood in older adults.



7. Regular movement promotes joint health.

Exercise keeps joints flexible and reduces the risk of arthritis and joint pain.

8. Special programs aid older athletes.

Programs like Otago support older adults in maintaining balance and preventing falls.

9. Hydration is crucial during exercise.

Older adults should maintain hydration to support overall health and exercise performance.

10. Gentle activities matter too.

Simple activities like walking or yoga are excellent for maintaining fitness in older years.

11. Age should not limit fitness goals.

Setting fitness goals regardless of age can promote motivation and physical activity.

12. Preventive care is key for older adults.

Older individuals should consult doctors before starting new exercise routines for safety.



13. Balance training prevents falls.

Incorporating balance exercises helps older adults maintain stability and prevent injuries.

14. Strength training supports bone health.

Resistance training helps increase bone density and strength, reducing osteoporosis risk.

15. Exercise enhances cognitive function.

Physical activity boosts brain health and may lower the risk of dementia and cognitive decline.

16. Starting slowly promotes safety.

Begin any new exercise gradually to avoid injuries and to build a sustainable routine.

17. Warm up and cool down properly.

Warming up and cooling down reduces the risk of injury and enhances workout recovery.

18. Consistent movement brings great benefits.

Regular light activities can significantly improve health, especially in older adults.



19. Social connections encourage activity.

Having a supportive social network motivates older adults to remain active and engaged.

20. Understanding exercise is 'the best medicine'.

Regular physical activity is often viewed as a prescription for promoting health in later years.

21. Staying happy improves life quality.

Engaging in sports and exercise contributes to happier, more meaningful lives at any age.



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