

Essay Writing

ESSAY

FITNESS BEATS PANDEMIC

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To beat the pandemic we need to have a strong and healthy immune system. During these challenging times people need to understand that exercise is essential for our physical health and mental wellbeing, one must stay active while working from home, have accurate posture during virtual school hours. We must include healthy balanced diet to increase our immune system and not eat high calorie diet which may lead us to health problems. Many people are coping with fear, anxiety, financial insecurity, sadness, boredom and isolation which can have a negative effect on diet, physical health and mental wellbeing. Research shows that regular exercise can boost our immune system which may help our body to fight the infections, example: - Covid 19. Exercise can help to lose weight and gain confidence it may also help to improve sleep. It is beneficial for older people and adults who suffer from chronic health conditions. Walking, cycling, jogging, yoga can all add up to a healthy life style. Although it might take some effort but it can help to remain focus and calm to beat the pandemic.

Fitness beats Pandemic

We all know that the whole world is stuck in this pandemic situation. And everyday the number of patients keeps rising. We all are afraid for our lives. We don't know what to do. We think that there is nothing we can do really? Isn't there anything we can do? Think again. There has to be a way.

Well, there is a way. Don't know what it is? It is, fitness. With good health, we don't have anything to be afraid of. But fitness can't be achieved with laziness. It has to be achieved with dedication. Lack of fitness not only exposes us to the Covid-19 virus, but also to the viral flu, common flu etc.

Fitness is important. Not only does it help us fight diseases and microbes, but also helps us stay fresh, young and of course, healthy too. Staying fit doesn't mean a workout only. Neither does it mean only exercise. Fitness means staying healthy and exercising. For staying healthy maybe saying no to junk food and ^{alcohol} will work and for exercise, a few vigorous jumps and if you still didn't understand how to stay fit, here are a few tips:

1) Do not stay indoors all the time. Or, expose yourself a little to morning sunlight.

FITNESS beats PANDEMIC

There used to be a time
a time when cheetos ruled
a time of couch potatoes

Then came a twist
an unexpected twist
first came a dark shadow
then a new age.

Be fit, keep fit
eat healthy, live healthy
the worlds motto.
protein and ~~carbs~~ vitamins
and various diets.
burpees and squats
is an appropriate workout

The brick walls,
they are there for a reason
sometimes a reason
only mother nature knows.

- francis fathema
BE

Fit India School Week Celebration.

In the midst of this microbial rule,
It is clear that humans need to stop being cruel,
As in these hard times, we have sensed the emergency,
To keep social distance,
In this micro rule,
It is the one who is fit,
Is the one who never fears but repulses and hits,
As it is known that fitness has its own strength,
That which the rule known as a pandemic and fears,
As every who has the fitness achieved,
Has always pandemic deceived.

Nikil Vinu 7E

Poem on Fitness Beats Pandemic

God

does not belong to only humans.

He has probably accepted the appeal of dolphins—

He has probably responded to the prayers of the sea—

He has perhaps deeply listened to the pleas of the woods—

He has perhaps considered the demands of the hills reasonable.

Silence has gripped the whole wide world

No one weeps anywhere on earth anymore

It seems everyone is waiting for the last call

The world is blanketed in despair and silence.

Johan Joseph Joby 7D

Fitness Beat Pandemic

~~formerly last year November~~ November, 2019, a ^{epidemic} disease named Coronavirus (also known as COVID-19) spreaded from Wuhan, ~~to~~ China to all the parts of the world. Millions and Millions got affected and many people ^{around the world} were dead. So every countries where in lockdown to prevent the virus affecting people. Still now many countries are in lockdown and scientists around the world are still trying to make a vaccine to kill Coronavirus.

To ~~beat~~ stay healthy, we ~~need~~ must be ~~fit~~ mentally and physically fit enough. Fitness is really important in your life and in circumstances like this pandemic. Fitness helps you to be ~~very healthy~~ both mentally and physically healthy. When you are very healthy and fit enough, then only we can beat this pandemic.

During this lockdown circumstances, people have become very lazy and, fatigue, people have ~~become~~ overweight and obese. When people lack energy and proper health, they easily get sick and ill. Due to obesity, you will have many complication ~~su~~ and diseases.