

## DEVELOPING SELF-WORTH THROUGH HEALTH ENHANCING PHYSICAL ACTIVITIES

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*This paper describes the necessity of physical activities to acquire the right attitudes and values towards the pursuit of a lifelong active and healthy lifestyle. The striking impacts of physical activity on improving health, reducing risk factors for chronic diseases, advancing educational attainment in children and preventing obesity are discussed. Evidences supporting the benefits of physical activity on health have been given. The guidelines for the amount of physical activity that individuals should engage in on a routine basis in order to maintain health and wellness are suggested. The role of active life and exercise as effective tool for empowering individuals, and communities to improve their own well being as well as wellness of the nation has been emphasized. The role played by Health Education in the growth and development of teachers and students to acquire the knowledge, skills and precise attitudes towards healthy living and self-esteem is also discussed.*

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