

## **Guidelines on physical fitness**

### **Mental discipline and emotional well being**

1. Build resilience. This will help in dealing with negative emotions and bounce back from difficulties.
2. Learn to differentiate between harmful stress which destroys your thinking power and helpful stress which oozes a flow of energy towards productive thinking.
3. Reward yourself on achievements. This is a great way to keep yourself on the path of hard work and success.
4. Be mindful. It requires commitment and practice to be aware of what's happening in present.
5. Write down your goals where you want to be in 2, 5 or 8 years. Visual reminders are wonderful motivators.
6. Practice prioritizing by making a to do list or action plan and you will feel accomplished with every task you cross out.
7. Change you perspective. Our mindset is everything. It determines what we do and how we push forward.
8. Acknowledge what went wrong and move forward. You should not beat yourself up for past mistakes.
9. Will power is an important part of being mentally disciplined. After all, studying requires effort, focus and patience.
10. Participating in a sports team or club at school can be an excellent way to stay active and socialize simultaneously.
11. Regular exercise can enhance cognitive functions like memory and attention contributing to better academic performance.
12. Stretch yourself in between the classes. Your body and mind will always be alert and in harmony with each other.
13. Engaging in variety of sports outdoor encompass elevated mental well being, fortified self worth, heightened focus and refined time management abilities.
14. Planned fitness regime 5-6 days a week for at least 30-45 mins will help you with good mood enhancement and uplift your spirits in all areas of achievement.
15. Sleep is an inevitable and crucial part linked to your physical fitness which offers multitude of benefits. Getting 8 hours of good quality sleep will help you in healthy living and productive output in academics.