



# G.D.GOENKA PUBLIC SCHOOL

Name: \_\_\_\_\_

Roll no.: \_\_\_\_\_

Date: \_\_\_\_\_

Class: / Sec \_\_\_\_\_

Subject: English

Teacher's Sign: \_\_\_\_\_

**Q: A sedentary lifestyle gives birth to all kinds of diseases. Write an article in about 100-150 words on keeping physically and mentally fit and strong for publication in your school magazine.**

## Hints

- Importance of health
- Why health is deteriorating
- Sedentary life style
- No exercise
- Steps to be taken