



*In the present scenario, most parents complain about their children saying they consume fast food and are becoming couch potatoes. Obesity, being a major problem among children these days is also a matter of concern for parents. It is imperative for children to involve themselves in some form of physical exercise to avoid becoming victims of obesity. Here at I.S.W.K, in order to create this awareness, we conducted an Aerobics Competition for classes III, IV and V.*

*Aerobic dancing involves walking, running, hopping, skipping, and various arms swings and kicking movements to the music.*

*Aerobics not only helps children to be physically fit but also makes them build a stronger self esteem. Aerobics is also said to give a good feeling about oneself which adds to his/her confidence making the person strong from inside.*

*Aerobics not only helps children concentrate on academics but also improves their memory and grades. Due to good physical activities children tend to show more interest in extra curricular activities.*

*The value of exercise is best explained in the basic principle laid down by Hippocrates, a Greek physician when he said, "That which is used develops or strengthens and that which is not used atrophies or wastes away".*



*The inter-house aerobics class competitions were a great success. The participants exercised in perfect rhythm. The judges appreciated the participants on their outstanding performance. Here is a glimpse of the competition.*



WINNERS

CLASS III



I

II

III

CLASS IV



I

II

III

CLASS IV



I

II

III

OVERALL CHAMPIONS

RUNNERS UP

