

Report on Health Fitness Session **Grades IX to XII**

Date: 23rd May 2025

Venue: School Auditorium

On 23rd May 2025, a comprehensive Health Fitness Session for students of Grades IX to XII was conducted by **Thakur Ankit Singh**, a certified fitness coach and trainer, who guided the students with expert demonstrations and valuable insights into safe and effective training methods in the School Auditorium.

The session emphasized strength training, focusing on building core strength—a fundamental component of physical fitness that supports posture, balance, and injury prevention. To enhance understanding, common myths about strength and core training were addressed and clarified, helping students differentiate between fact and misconception in fitness practices.

In the session it was explained with demonstrations that a warm-up routine prepares the body for physical activity, increase heart rate, and reduce the risk of injury, being specifically tailored to support the type of training exercises. Students actively participated in various strength-building exercises, targeting major muscle groups to improve endurance and functional fitness. The interactive nature of the session encouraged students to engage with the activities enthusiastically while reinforcing the importance of consistency in maintaining fitness.

The Health Fitness Session was successful in raising awareness among students about the significance of strength training and dispelling myths surrounding it. The school remains committed to conducting such sessions periodically to foster a healthy and active lifestyle among its students.

