

**National Institute of Open Schooling  
Senior Secondary Course  
Lesson 3: Physical Fitness and Wellness  
Worksheet-3**

Q.1- Describe the concept and dimensions of wellness.

Q.2- List the different types of physical fitness.

Q.3- Differentiate between Health Related Physical Fitness and Performance Related Fitness.

Q.4- Yog is a combination of physical, mental and spiritual practices. Elaborate.

Q.5- Explain the importance of meditation.