

# Obesity & Weight Management & 17<sup>th</sup> World Fitness Expo

---

7UDGLWLRQ RI SK\VLFDQ WUDLQLQJ DQG ¿WQHVV

Paramvir Singh  
Punjabi University, India



Life needs an activity or the activity as if it symbolizes or recognizes existence of life. Physical activity, physical training and

Notes: