

Setting Individual Goals for Physical Activity and Encouraging Them to Achieve those Leads to Beneficial and Long-Term Effects

Victoria Kohl*

Department of Physiotherapy, College of Physiotherapy PGIMER Chandigarh, India

***Corresponding author:** Victoria Kohl, Department of Physiotherapy, College of Physiotherapy PGIMER Chandigarh, India; E-mail: kohl.victoria@yandexmail.com

Received August 23, 2021; **Accepted** September 06, 2021; **Published** September 13, 2021

Citation: