Physical activity (PA) recommendations do not differentiate between health outcomes associated with PA, namely its physical health benefits and its mental health (MH) benefits. Updated guidelines simply note that for promoting and maintaining health, all healthy adults aged 18–65 years need moderate-intensity aerobic PA for a minimum of 30 min on 5 d each week, or vigorous-intensity aerobic PA for a minimum of 20 min on 3 d each week (Reference Haskell, Lee and Pate1). Table 3 Associations between three physical activities differing in intensity and five dimensions of mental health in men and women. PA, physical activities. OR, 95 % CI and associated significance levels are reported, and significant results are highlighted in bold. Regular physical activity improves your brain health, helps with weight management, reduces disease, strengthens bones and muscles, and improves your ability to do everyday activities. Learn more. Improve Your Ability to do Daily Activities and Prevent Falls. Increase Your Chances of Living Longer. Regular physical activity is one of the most important things you can do for your health. Everyone can experience the health benefits of physical activity at any age, abilities, ethnicity, shape, or size do not matter. If you’re not sure about becoming active or boosting your level of physical activity because you’re afraid of getting hurt, the good news is that moderate-intensity aerobic activity, such as brisk walking, is generally safe for most people. Roar Blom Technical Officer, Physical Activity and Health, WHO Regional Office for Europe. Johan Faskunger National Institute of Public Health, Stockholm, Sweden. Andrea Backovic Jurican Community Health Centre, Countrywide Integrated Noncommunicable Diseases Intervention (CINDI) Programme, Ljubljana, Slovenia. Vention, Atlanta, United States of America. Finally, we thank the members of an international collaborative project, the European network for the promotion of health-enhancing physical activity, for their support and contributions throughout the production of this publication. In addition, we thank the reviewers of the manuscript for their insights: Nick Cavill, Sonja Kahlemeier and Francesca Racioppi. For four decades, his research has dealt with the role of physical activity, and the lack thereof, on physiology, metabolism, and indicators of health, taking into account genetic uniqueness. He has performed research on the contributions of gene sequence variation and the benefits to be expected from regular activity in terms of changes in cardiovascular and diabetes risk factors. Dr. Bouchard has served as program leader for four consensus conferences and symposia pertaining to various aspects of physical activity and health. This book Physical Education and Health for class VIII is the English version of the original textbook entitled “Sharirik Sikkha” written in Bangla. The work of translating, editing and printing were done rather in haste so as to make the book available to the students in time. Inspite of sincere efforts some inadvertent errors and omissions may be found in the book. As curriculum development is a continuous process, our efforts will continue to make the book free from these errors and improve accordingly in the next edition.