

“Physical literacy and Physical Activity are the key components of healthcare in women”

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Physical literacy as well as physical activity have become the cornerstones of women's health. Women have certain special needs that includes reproductive health. Increased physical activity and maintaining normal body image and body weight will help a woman attain both physical, mental and spiritual development. With the growing number of women with obesity and the implication of obesity as one of the main risk factors for non-communicable diseases like diabetes, a knowledge and awareness about physical activity is essential.

Key words:

Physical literacy, physical activity, obesity, women's health