

# Physical Education and the Importance of Lifelong Fitness Habits

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**Abstract:** *This paper employed a mixed-methods approach, examines the connection between "Physical Education and the Importance of Lifelong Fitness Habits" in a sample of 500 participants. Quantitative results reveal a positive and statistically significant correlation between perceived physical education quality and lifelong fitness habits ( $r = 0.59, p < 0.01$ ), with student engagement acting as a key mediator ( $r = 0.45, p < 0.01$ ). Teacher competence positively associates with both program quality ( $r = 0.56, p < 0.01$ ) and student engagement ( $r = 0.68, p < 0.01$ ). Qualitative insights further underscore the role of engaging, well-structured physical education classes and effective teaching in shaping future fitness behaviors. Participants attribute their commitment to lifelong fitness habits to positive experiences within these programs and emphasize the vital roles of parental support and accessible community fitness resources beyond school. In summary, this research underscores the significance of quality physical education, student engagement, effective teaching, and parental involvement in fostering lifelong fitness habits. These findings advocate for investments in high-quality physical education, student engagement strategies, and parental support mechanisms. This study enriches the understanding of the multifaceted dynamics involved in lifelong fitness cultivation, with potential for further research exploring the moderating influence of environmental factors.*

**Keywords:** Lifelong Fitness, Physical Education, Fitness Habits

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