
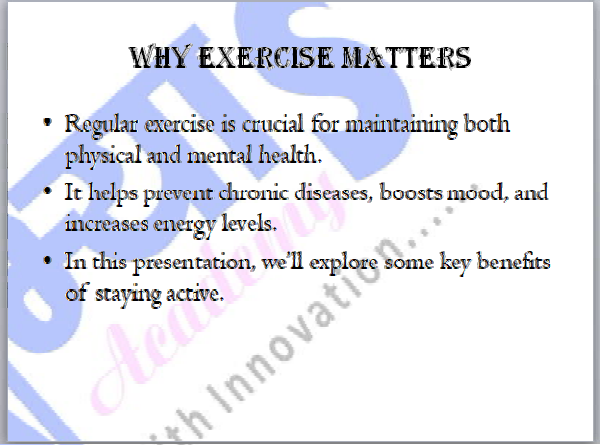
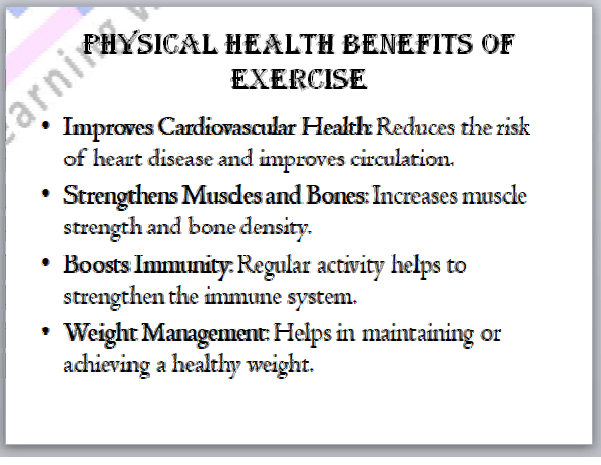











Course  
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**Self-Made Assignment - MS Power Point**

**Formatting Text, Color and Text Alignment in Power Point**










<p>Slide 1: Make the Title Font to Algerian and Subtitle Font to Centaur Font size: 34 Title and Subtitle should be center Align</p>	
<p>Slide 2: Make the Title Font to Algerian and Content Font to Centaur Font size: 34 Font Color: Title - Blue Content - Red Title should be Center Align Content should be Left Align</p>	
<p>Slide 3: Make the Title Font to Algerian and Content Font to Centaur Font size: 34 Font Color: Title - Blue Content - Red Title should be Center Align Content should be Left Align</p>	

 **CBSE**  
 **ICSE**  
 **NTSE**  
 **Banking & Insurance**  
 **Central Govt. Service**  
 **State Govt. Services**  
 **LAW Entrance**  
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- ...many more**

Slide 4:  
 Make the Title Font to Algerian and  
 Content Font to Centaur  
 Font size: 34  
 Font Color:  
 Title - Blue  
 Content - Red  
 Title should be Center Align  
 Content should be Left Align

**MENTAL HEALTH BENEFITS**

- **Reduces Stress and Anxiety:** Exercise releases endorphins, which improve mood.
- **Improves Sleep Quality:** Regular exercise helps regulate sleep patterns.
- **Boosts Cognitive Function:** Increases brain activity and focus.
- **Prevents Mental Decline:** Reduces the risk of cognitive decline with age.

Slide 5:  
 Make the Title Font to Algerian and  
 Content Font to Centaur  
 Font size: 34  
 Font Color:  
 Title - Blue  
 Content - Red  
 Title should be Center Align  
 Content should be Left Align

**LONG-TERM BENEFITS OF REGULAR EXERCISE**

- **Increases Lifespan:** Studies show that regular exercise leads to a longer life.
- **Improves Quality of Life:** Increases mobility and reduces discomfort from aging.
- **Reduces Chronic Disease Risk:** Lowers risk of diseases like diabetes, stroke, and cancer.

Slide 6:  
 Make the Title Font to Algerian and  
 Content Font to Centaur  
 Font size: 34  
 Font Color:  
 Title - Blue  
 Content - Red  
 Title should be Center Align  
 Content should be Left Align

**GET MOVING FOR A HEALTHIER LIFE!**

- Exercise is a key factor in leading a long, healthy, and fulfilling life.
- Whether it's walking, cycling, swimming, or strength training, find an activity you enjoy.
- Start small and make exercise a part of your daily routine to enjoy lasting benefits.