

Healthy Me

Fitness and heart health

I know that my heart needs to be exercised regularly to keep it healthy both in the short term and the long term.

I know that when I exercise, I need to breathe faster because my muscles need more oxygen as they are working harder.

Mental health

I know that physical activity can provide lots of opportunities to develop my social skills, confidence and help improve my self-esteem.

I know that physical activity can help me to develop my leadership skills.

Muscle and bone strength

I know our muscles make our bones move during physical activity. When a muscle tightens it pulls the bones attached to it into a new position.

I know that when we do more physical activity, our muscles become stronger and they can work harder. Our bones grow stronger too because physical activity puts pressure on them.

Concentrate

I know that physical activity makes my body release more of the chemicals which make it easier to focus.



Sleep

I know that doing regular physical activity can help reduce the chance of becoming overweight. This can help make it easier for people to sleep (especially when they are adults).

Long term benefits

I know that physical activity has many long-term benefits. It keeps my body healthy and helps to reduce many health problems in adulthood.

Strengthens the heart

I know the heart is a muscle, and like other muscles, its performance improves when it's regularly challenged by exercise.

Strengthens bones

I know that physical activity makes my bones stronger and this can be important as my body changes during adulthood.

