

# Healthy Me

## Fitness and heart health

I know that my heart pumps oxygenated blood from the lungs to my working muscles. The rate of this increases as the intensity of my exercise increases.

I know that my heart pumps deoxygenated blood from the muscles back to the lungs.

I know that aerobic exercise involves continuous movement fuelled by oxygen from the air we breathe.

I know that anaerobic exercise involves short bursts of high-intensity movement fuelled by energy stored in our muscles.

I know our muscles need oxygen to work during physical activity. As we are more active, we get fitter.

I know our lungs get better at taking in oxygen from the air.

I know our hearts get stronger and better at pumping oxygen to our muscles through our blood.

I know that muscles are working hard when I exercise, so my body needs more oxygen therefore my breathing rate has to increase. I know our bodies need oxygen when we exercise. We take in oxygen through our lungs. Our heart pumps blood all around the body, which carries oxygen to where it is needed.

## Mental health

I know that physical activity is one way we can look after our mental health. When we exercise, our bodies release chemicals which make us feel good. These chemicals are called endorphins. Physical activity releases endorphins in our body that makes us feel good.

## Concentration

I know that exercise also causes more blood to flow to my brain helping it to work better.

I know that physical activity makes my body release more of the chemicals which make it easier to focus and even concentrate more with my school work!

## Sleep

I know that moderate to vigorous physical activity makes us breathe harder and our heart beat faster. After this type of physical activity, we find it easier to fall asleep at night.

## Long term benefits

I know that physical activity will help reduce the chance of getting many illnesses and diseases such as heart disease, weak bones and diabetes.

## Helps Keep Arteries and Veins Clear

I know that physical activity helps keep my arteries and veins clear so that blood can travel through them faster and more easily.

## Reduces Blood Sugar Levels

I know physical activity prevents sugar from building up in the blood by triggering muscles to take up more glucose from the bloodstream and use it for energy, this can lead to type 2 diabetes.

## Strengthens Bones

I know that as muscles grow stronger when physically stressed, bones also respond by getting stronger.



