



Exercise is the miracle cure we've always had, but for too long we've neglected to take our recommended dose.
(NHS, 2018)

Benefits:

- Improves Physical and Mental health
- boosts self esteem
- mood
- sleep quality
- energy levels

How much should I do?

Try and build up to 60 minutes of activity, that will raise your heart rate. Try some of the ideas below ...



Muscle strengthening: Try some of the following:
Sit Ups, Press Ups, Squats, Rope Skipping

Look to the NHS for good guidelines, advice and workout videos:
www.nhs.uk/conditions/nhs-fitness-studio/



Thought for the Day:

What one thing can you do to increase your daily exercise?

To help you with your exercise, why not plan what you will do each day. Then consider increasing a little week by week.

For example, increasing the distance you walk whilst still only taking an hour.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Alternatively, why not try to do a series of exercises each day and make a note of how many that you complete.

	Walk, Run or Cycle	Skips	Squats	Press Ups	Sit Ups
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Be aware of the exercise that you are doing, and make sure you do them correctly. If you have existing injuries, or if you experience pain please talk with your parents and/or a doctor.



For further information you can visit the NHS website at:
<https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>