

BENEFITS OF PHYSICAL ACTIVITY

Taking Part In Regular Physical Activity Has Lots Of Benefits

MUSCLE AND BONE STRENGTH

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

FITNESS AND HEART HEALTH

Our muscles need oxygen to work during physical activity. As we are more active, we get fitter. Our lungs get better at taking in oxygen from the air. Our hearts get stronger and better at pumping oxygen to our muscles through our blood

MENTAL HEALTH

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

CONCENTRATION

Regular physical activity is great for your brain as well as your body. Physical activity makes your body release more of the chemicals which make it easier to focus. Exercise also causes more blood to flow to your brain helping it to work better

SLEEP

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.