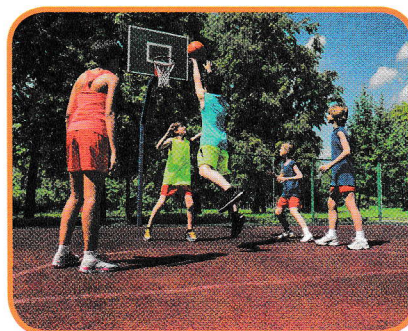
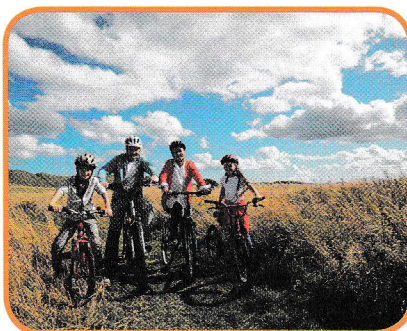




## Get Moving!

Discuss how these people are staying healthy.



To stay healthy, people need to eat a balanced diet, get enough sleep and get regular exercise. Children need to exercise for 60 minutes every day. Exercise is important as it helps our bodies to grow and develop in a healthy way. When we exercise, our muscles work harder. This makes them strong and able to do even more exercise. Exercise also strengthens our bones and gives us more energy. Regular exercise helps us to sleep well too. When we exercise our brain releases chemicals that make us feel good!

Write three benefits of exercise.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



Did you know that your heart is a muscle?

My favourite way to exercise is: \_\_\_\_\_

Keep track of your exercise this week!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Did you complete 60 minutes every day? Yes ☐ No ☐