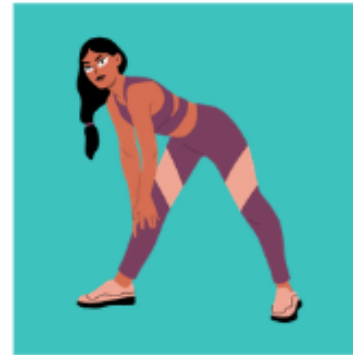
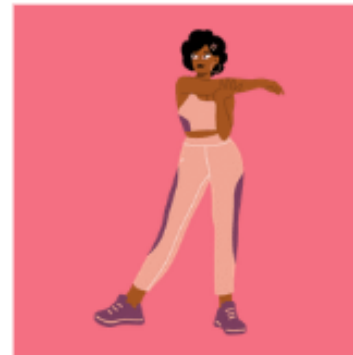


Physical Activity Ideas For

Self-Care



Regular physical activity has many benefits for both your physical and mental well-being!



5 EXERCISE BENEFITS

1 Accelerate bone regeneration

2 Increase lung capacity

3 Increase heart strength

4 Build muscle mass

5 Improve mood



Why is physical activity an important agenda in schools?

Whatever your age, being physically active has substantial benefits for health.

The World Health Organization estimates that each year over 3 million deaths worldwide are attributable to being inactive. But it's not just physical health. Being active also has benefits for different elements of mental health and wellbeing, including depression.



Being more active is associated with better academic attainment.

Over 4,500 children in Bristol had their moderate to vigorous physical activity levels measured at age 11 and their academic attainment recorded at ages 11, 13 and 16 (GCSE grades). Higher levels of physical activity at age 11 were associated with higher subsequent attainment and this was true for English, Maths and Science, regardless of other factors.

Physical activity levels tend to decline as children move into adolescence, however different activities have different likelihoods of being maintained. Between the ages of 10 and 14 years, for example, around 80% of young people dropped out of skipping, gymnastics and hockey, but less than 50% dropped out of dancing, football and running.

Did you know?



Young people in Wales are insufficiently active. The 2019 Student Health and Wellbeing Survey found that overall less than one-fifth (17%) of young people were active for at least 60 minutes every day. The least active group were female students in Year 11 with only 6% meeting the CMOs' recommendation¹⁸.