



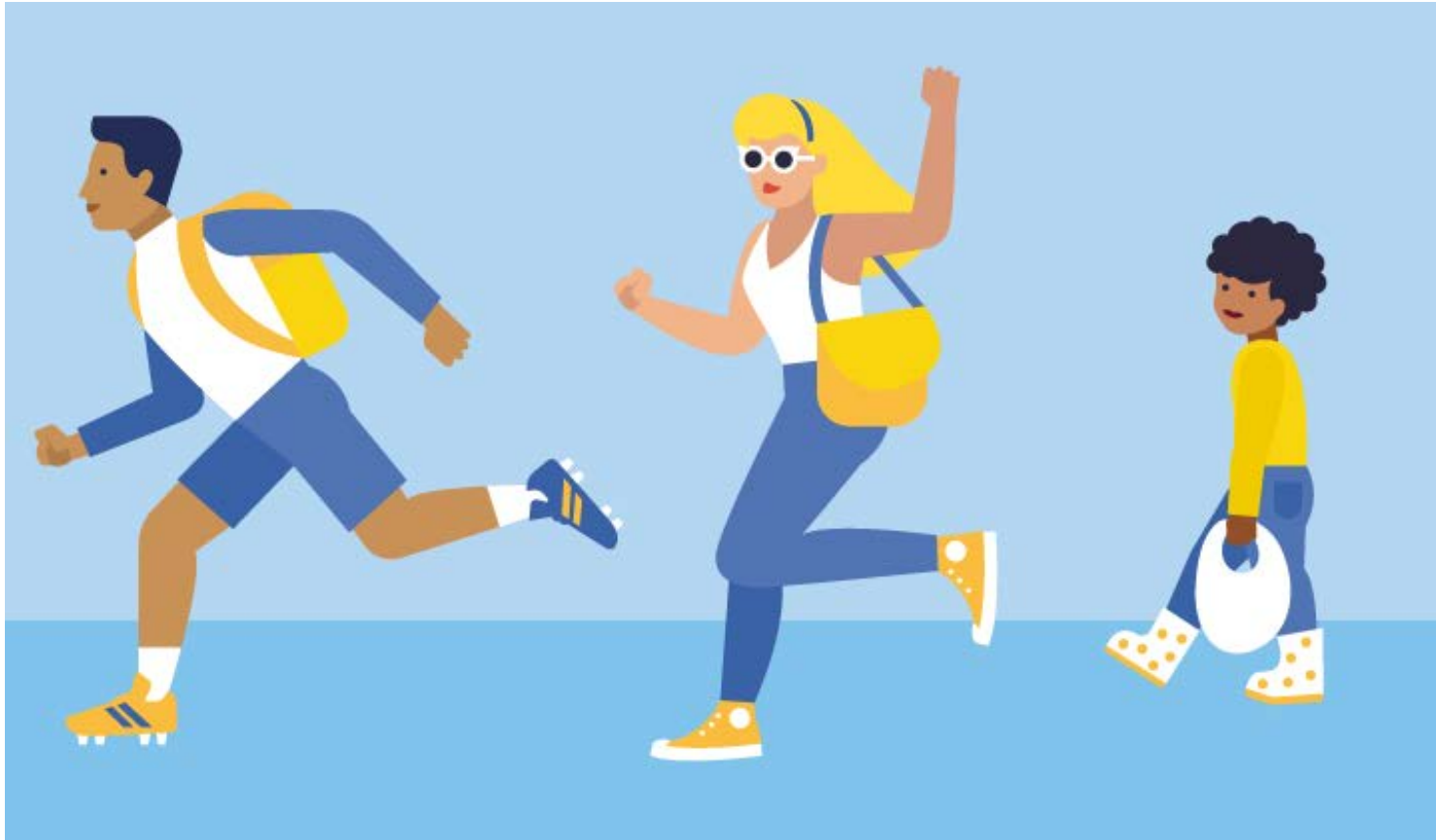
Physical Activity and Exercise

Standard Two

Benefits Of Exercise



Why is it good for us to move around and get exercise?



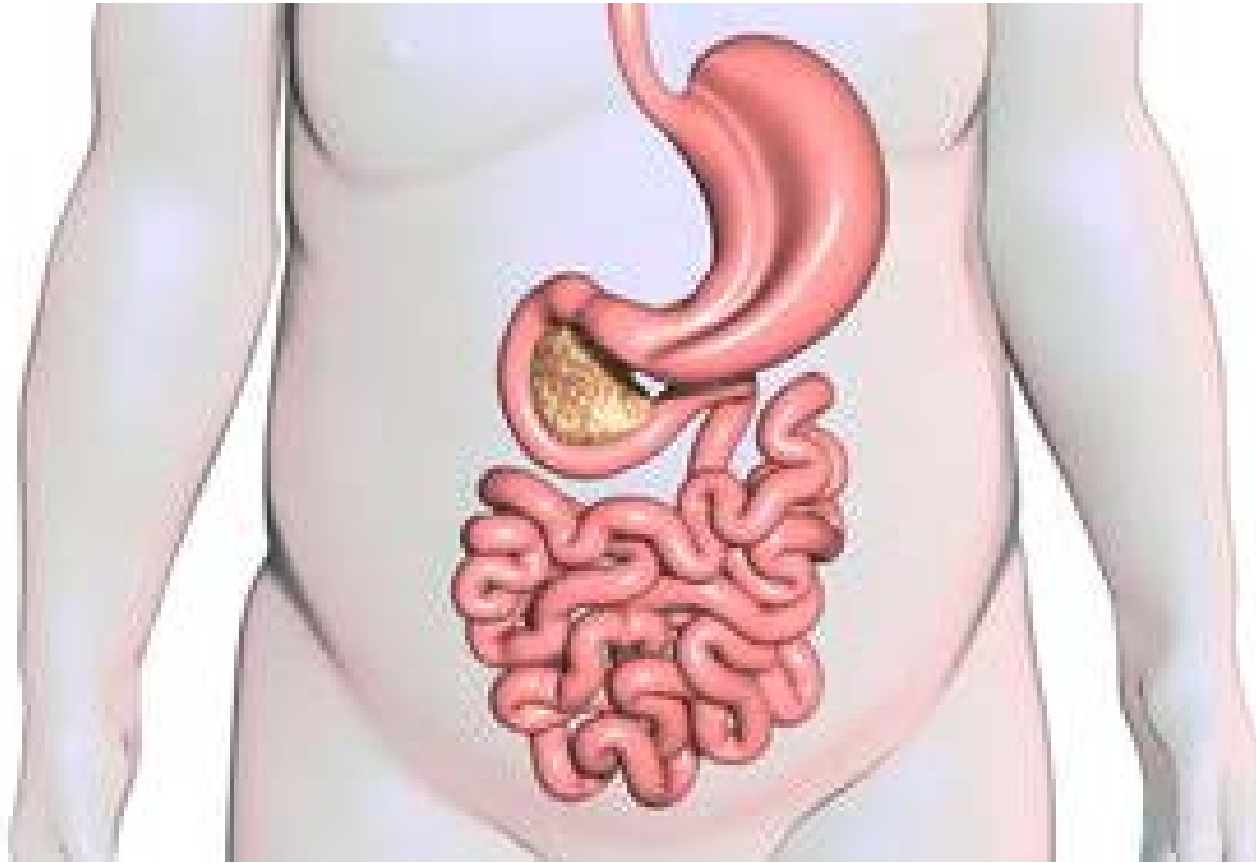
It is good for us to move around and get exercise because...

- We get increased energy levels

Increased energy levels mean

- We can carry out our daily tasks/chores without getting tired





It is good for us to move
around and get exercise
because...

- It boosts our metabolism



Boosting our metabolism
means

- Converting our food and drink into energy to fuel our body



It is good for us to move
around and get exercise
because...

- It makes us more focused at school

Being focused at school means

- Being alert and paying attention to the teacher in class





It is good for us to move
around and exercise
because...

- It puts us in a better mood

Being in a better mood means

- We smile and are cheerful and happy
- We are not sad or angry





It is good for us to move around and exercise because...

- It helps us to sleep better

Sleeping better means

- Our body gets to rest so it can rejuvenate (look up the word **rejuvenate** in the dictionary)





So, it is
time to
start
moving
around
and
exercising!