Physical Activity?
You Decide...
The Plusses Add Up
It’s good for your heart

Your heart is a muscle, when you train regularly (like your biceps) the muscle gets bigger and more efficient. In the case of the heart it can pump more blood to your muscles in one pump so it doesn’t have to beat as many times to get the blood to the muscles.

Physical Activity keeps your blood pressure low as your arteries get bigger (as they get used to carrying lots of blood when you are active) and become more stretchy. Bigger and more stretchy arteries mean that it is easier for blood to get from the heart to your muscles and there are less chance of any clogging and more chance of blood getting to where it is meant to go without the heart having to work any harder.
It’s not just for fitness

Oxygen is carried around in the body by red blood cells.

They carry the oxygen to make muscles work.

When you are active the body creates more red blood cells so therefore can carry more oxygen to the muscles.

More oxygen to the muscles means they can work harder for longer without getting tired as quickly.

THIS IS HOW YOU BECOME FITTER.
More energy  

When we are active our muscles become stronger and more efficient as they can do more with less.
When we move we need to deliver oxygen and nutrients around the body.
If we are fitter our heart and lungs can deliver more blood and oxygen in one pump and breath to complete tasks and therefore we have not used as much energy and still have remaining energy when otherwise we would be more tired.
Maintaining a healthy weight

Food gives us energy.

We burn energy by being physically active.

Excess energy is stored as fat (and makes us gain weight)

If we are active enough so that we burn off all of that energy that food gives us, we will not store fat and maintain a healthy weight.
Your body heats up during physical activity which means that your muscles loosen up and this releases the tension in them (muscles are more flexible when they are warm).

Mood also can improve as your body releases endorphins during exercise (the things that make you feel good).
Having better sleep

Physical activity assists with relaxation.

In addition to the burning off of energy from the days food intake; a happy and less stressed person is generally more relaxed and to enjoy a higher quality of sleep all three of the above are a factor in helping us sleep better.

Physical activity burns energy, makes us more relaxed which in turn makes us sleep better.
Preventing illness

Regular physical activity spikes the immune system for a few hours each day meaning that the immune system is alert to any upcoming illness and is able to fend it off.
Reduce the chances of Osteoporosis

Weight bearing activity (running, skipping, etc) makes your bones grow stronger. They grow stronger by creating new bone around the old bone.

The best time in your life to grow new bone is between the age of 0-20. If you continue to be active at a young age you grow new bone quicker than your old bone breaks down so you are creating lots of bone to go into your ‘bone account’. Later in life your body can use that excess bone to ensure your bones don’t become weak and break (osteoporosis).
When a body moves it increases blood flow and oxygen levels in muscles and organs. The brain is no different.

This means that after a brain has been stimulated through physical activity a child can have

• Improved attention
• Improved information processing, storage and retrieval and memory.