

PE Year 8 Term 3 MENTAL WELLBEING & EXERCISE



HOW DOES EXERCISE IMPROVE MENTAL HEALTH?

Physical activity has a huge potential to enhance our wellbeing. Even a short burst of 10 minutes' brisk walking increases our mental alertness, energy and positive mood. Participation in regular physical activity can increase our self-esteem and can reduce stress and anxiety. It also plays a role in preventing the development of mental health problems and in improving the quality of life of people experiencing mental health problems.

Since the start of Lockdown Sport England conducted a research survey, which showed that almost two thirds of adults consider exercise to be more important than ever. It also demonstrated a positive response around the impact of exercise on mental health.

Tim Hollingsworth, Sport England Chief Executive said:

“It’s heartening to see that for many the importance of activity has increased – and in particular that they see the benefit to their mental as well as physical health and wellbeing.”

NEED SOME IDEAS ON HOW TO GET MOVING?

<https://www.mentalhealth.org.uk/events/take-action-get-active-2020> you do not need to sign up just use the link for ideas

Challenge- Can you link your 30 mins of exercise with an act of kindness?