Benefits of being active

Physical activity is when we are moving our bodies, and are using more energy than when we are resting or relaxing.

Everyone can benefit from being active. Besides from being good for our health, physical activity can be good for lots of other things too.

Benefits of physical activity

- Fun to do with friends or family
- A chance to meet new people
- Improve concentration
- Strong muscles and bones
- Improves balance and flexibility
- Prevent injuries
- Boosts energy levels and confidence
- Feel good and improve mental health
- Build on teamwork skills
- Help us live for longer

How do you like to move your body? Write down all the ways you enjoy to be physically active here. Then write down what you like about it.