

# Always Changing & Growing Up

## Physical Activity And You

The trick with physical activity is to pick something you find enjoyable. There are many options to choose from whether you like to be active on your own, with another person, or as part of a team. The younger you are when you start getting fit, the easier you'll find it to stay fit when you're older but remember, it's never too late to start getting active!

### Plus, Physical Activity:

- Helps your muscles develop properly.
- Keeps your joints loose so they don't stiffen up and give you aches and pains.
- Makes you breathe more deeply, making your lungs work more efficiently.
- Strengthens your heart so that it pumps blood more efficiently
- Improves your reaction times and general coordination.
- Helps keep your body in shape.
- Releases chemicals into your bloodstream, helping you relax and feel good.

## Activities

### 1. On your own, make a list of all the physical activity you did in the last week.

a. Do you think you are physically active enough? Yes ☐ No ☐ Why?

b. Are there any improvements you can make to your physical activity routine?

### 2. All doctors say that physical activity is important.

a. Why do you think some people don't participate in physical activity?

b. How would you persuade them to be more active?

### 3. Compare your answers with a classmate and discuss any differences.