Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hour: \_\_\_\_\_\_\_\_\_\_\_\_\_

There are so many benefits of exercise and today you will be exploring some of the benefits. Scan the QR code and learn about the benefits. Write down why each benefit is important. Write one way the facts apply to your life OR how you can work on that area.

|  |  |  |  |
| --- | --- | --- | --- |
| **Benefits of Exercise** | **Why is this important?** | **How can you apply this to your own life?** | **Try this:** |
| 1. Reduces Risk of Injury |  |  |  |
| 2. Increases Mental Alertness & Concentration |  |  | Balance on one foot, tap your head, rub your belly at the same time! |
| 3. Increases Muscular Strength |  |  |  |
| 4. Increases Muscular Endurance |  |  | Wall sit for 30 seconds |
| 5. Increases Flexibility |  |  | Dynamic Stretches:  -Frankensteins across the gym  - RDLs back |
| 6. Increases physical stamina |  |  | 10 line jumps  10 jumping jacks  10 burpees ☺ |
| 7. Increases bone strength |  |  | 5 Tuck jumps, then Power Skip one lap around the gym. |
| 8. Increases efficiency of the heart & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Which can reduce:  -  -  - |  | Jog 2 laps around the gym! Ready…. GO! |
| 9. Reduces Stress |  |  | Sit down in a comfortable position  Close your eyes  Take 5 deep breaths |
| 10. Improves Self Image & Self Confidence |  |  | Tell 3 people something nice  “You are beautiful”  “You have a great smile”  “You make me happy” |
| 11. Reduces the risk of depression & Anxiety |  |  | Choose your favorite exercise and do it! |
| 12. Improves Quality of Sleep |  |  | Get at least 8+ hours of sleep each night to let your body recover and grow |