

## Wellbeing Poster

The wellbeing poster this week looks at 7 reasons why children (*everyone*) should be more active, with an activity pyramid for all to consider.

### BENEFITS OF ACTIVE CHILDREN

#### 1 INCREASES PRODUCTIVITY



- Regular exercise can help children to be more productive at work and in school.
- When we exercise we increase blood flow to the brain. This helps to increase alertness and will help to boost a child's mental activity.

#### 2 INCREASES ENERGY LEVELS

- Exercise can help to reduce fatigue levels and increase your child's energy.
- Exercise will help to increase your child's strength and endurance. Your child will feel stronger, faster, fitter and more confident in their physical capabilities.



Keep your child active. Find fun activities which will motivate and challenge your child.

#### 3 EXERCISE IMPROVES WELL BEING



- When a child exercises they will be improving their health and body image which can increase their self-esteem and confidence.
- Exercise leads to more positive social interactions with other children (social well-being).
- Exercise can increase a child's autonomy which helps them to feel more confident in the decisions in which they make.

#### 4 REDUCES OBESITY

- Regular exercise can help to reduce obesity levels in children. Almost 1 in 10 children in reception are obese. 31% of children in the UK between the ages of 2 to 15 years old are overweight or obese.
- Try and incorporate regular exercise into your child's life. Encourage your child in a number of different sports so they can fulfil psychological, social and physical needs.



#### 5 REDUCES STRESS LEVELS



- Exercise is a fantastic tool which can help reduce cortisol stress hormonal and help children to deal better with stress.
- When we exercise our brain releases endorphins (happy hormones). These endorphins help to reduce stress and increase our positivity.

#### 6 IMPROVES MOOD

- 1 in 10 children and young people aged 5 to 16 years old suffer from a diagnosed mental health disorder. Studies have shown that regular exercise can help to reduce depression and anxiety.



Children and young people aged 5 to 16 should try and do at least 60 minutes of physical activity each day. This could include walking, playing in the garden, cycling and any exercise which can help to increase their heart rate.

#### 7 IMPROVED BRAIN HEALTH



- Exercise is a great way to improve your child's brain health. Regular exercise has been shown to improve concentration and memory.
- Exercise can help to improve a child's problem solving skills by up to 10%.

## Physical Activity Pyramid for Young Children

