

Do Now

The benefits of exercise for physical and mental health



Stefan was feeling a bit miserable. It was the summer holidays but none of his friends were around today. 'Why don't you walk the dog?' His mum suggested. Begrudgingly, Stefan took Curlypops out over the park for an hour. When he came back, Stefan noticed he didn't feel so miserable anymore.

Discuss: Why do you think Stefan didn't feel so miserable anymore?

I love you, Curlypops, but that *name*...



Why is it important we learn about exercise in PD?
I think it's important we learn about exercise in PD because...



Learning outcomes:

Explain how exercise helps us maintain healthy bodies and minds, contributing to our overall wellbeing, using scientific terms.

Aerobic exercise - any type of cardiovascular conditioning, or "cardio." It can include activities like brisk walking, swimming, running, or cycling.

Anaerobic exercise – this primarily strengthens your muscles. "Anaerobic" means "without oxygen" and involves more intense, short bursts of physical activity compared to aerobic exercise.

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Why is exercise important?

Physical Health Benefits

- Strengthens muscles and bones.
- Improves heart and lung health.
- Helps maintain a healthy weight.
- Boosts the immune system, helping the body fight illness.
- Increases energy levels and overall fitness.

Mental Health Benefits

- Releases endorphins, which can improve mood and reduce stress.
- Helps reduce feelings of anxiety and low mood.
- Improves self-confidence and self-esteem.
- Can help you sleep better and feel more positive.

Key Message: Regular exercise helps you feel stronger, healthier and happier.

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Exercise and Your Brain

Exercise helps your brain perform at its best.

Improves concentration and focus.

Helps memory and learning.

Encourages creativity and problem-solving.

Can improve performance at school and in exams.

Social Benefits

Provides opportunities to meet new people and make friends.

Encourages teamwork, communication and leadership skills.

Builds confidence through achieving personal goals and improving performance.

Did You Know?

Physical activity increases blood flow to the brain, helping it work more efficiently and improving cognitive performance.

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Aerobic exercise improves stamina and heart health.

Anaerobic exercise improves strength and muscle development.

Combining both provides the greatest health benefits.

Aerobic Exercise	Anaerobic Exercise
Continuous exercise using large muscle groups	Short bursts of high-intensity activity
Improves cardiovascular fitness and endurance	Improves strength, speed and power
Helps strengthen the heart and lungs	Helps build and repair muscle
Usually performed for longer periods	Usually performed for shorter periods
Examples: running, swimming, cycling, rowing	Examples: sprinting, weightlifting, jumping

Discussion Questions

1. Which benefit of exercise do you think is most important for young people and why?
2. How can exercise improve both physical and mental wellbeing?
3. What are the key differences between aerobic and anaerobic exercise?
4. What types of exercise do you currently do, and how could you become more active?

So, which are short-term and which are long-term benefits of exercise?

Watch carefully, we'll go through the answers together shortly.

<https://www.youtube.com/watch?v=wWGulLaa0O0>

<https://www.youtube.com/watch?v=5m6qpyeDrqI>



Short-term benefits of exercise include:	Long-term benefits of exercise include:



Let's go through the answers now – be sure to fill in any that you've missed.



Short-term benefits of exercise include:	Long-term benefits of exercise include:
You can feel warmer (great in the winter).	Lowers risk of heart and circulatory disease by 35%
Your brain produces endorphins, making you feel more positive and reducing anxiety.	Your heart gets bigger and stronger.
It burns calories, so helps you maintain a healthy weight.	More capillaries grow in your muscles, making exercise easier in time.
Helps you manage diabetes if you already have it.	Improves memory and attention span – your brain actually expands.
Reduces risk of depression and improves your mood.	Keeps your muscles, bones and joints strong.
	Decreases your chance of diabetes

We've mentioned the heart a lot today, but how can we tell if regular exercise is improving the health of our hearts? Let's find out...

Use the tips of your first two fingers
to press lightly over the blood vessels
on your wrist.
Don't use your thumb.

Count your pulse for 10 seconds and multiply by
6 to find your **beats** per minute.

For example: $11 \times 6 = 66$ bpm

You want to stay between 50 percent to 85 percent of
your maximum **heart rate**. This range is your target
heart rate.

You should aim to exercise with your heart rate
between these two figures.

Less than this and your exercise isn't affecting you
enough – more and you're pushing yourself too hard.



It's important to measure your heart rate when you exercise to know if you are working out at a beneficial pace for you. We can all try this now.

Remember – occasional light, regular exercise is much better for you than a crazy, hard-core work-out that you hardly ever do. Why do you think this is?

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>