

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.

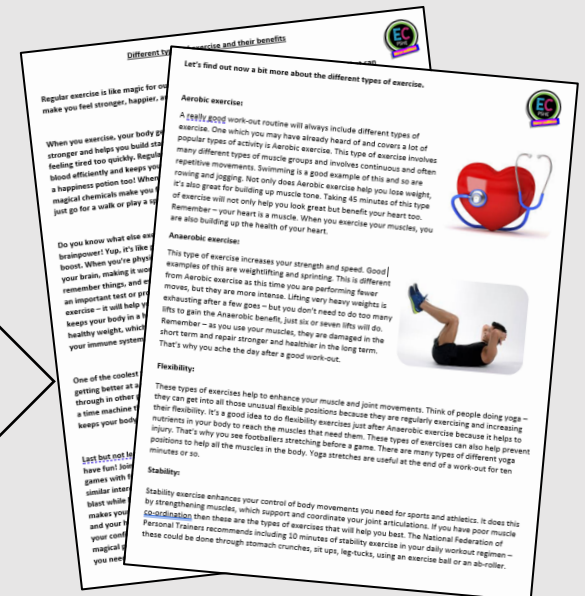
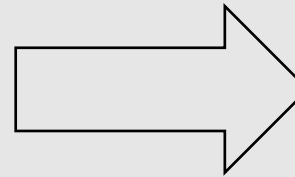
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THORNDEN THREE – GUIDED READING

Let's now take a few minutes to read carefully and in more detail about the benefits of exercise for us in particular, as growing teenagers.



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THORNDEN THREE READING!

Follow the text in your booklet as it is being read to you. You will be answering questions on it next.



Different types of exercise and their benefits

Regular exercise is like magic for our bodies, and it brings so many wonderful benefits that can make you feel stronger, happier, and healthier. Let me explain in simple terms:

When you exercise, your body gets moving, and that's great for your muscles and bones. It makes them stronger and helps you build stamina. You'll be able to run, play, and do all the things you love without feeling tired too quickly. Regular exercise also keeps your heart strong, like a superhero! It helps pump blood efficiently and keeps your blood vessels healthy, reducing the risk of heart diseases. Exercise is like a happiness potion too! When you get active, your brain releases chemicals called endorphins. These magical chemicals make you feel happy and reduce stress. So, if you're ever feeling down or worried, just go for a walk or play a sport, and you'll feel better.

Do you know what else exercise does for you? It boosts your brainpower! Yup, it's like giving your brain a superpower boost. When you're physically active, more blood flows to your brain, making it work better. It helps you focus, remember things, and even be more creative. So, if you have an important test or project, take a break and do some exercise – it will help you think clearly! Regular exercise also keeps your body in a healthy shape. It helps you maintain a healthy weight, which means you'll have more energy and be less likely to get sick. Plus, it can improve your immune system, making it easier for your body to fight off germs and stay healthy.

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One of the coolest things about exercise is that it can make you more confident. When you see yourself getting better at a sport or activity, you'll feel proud of what you can do. That confidence will shine through in other parts of your life, like school, friendships, and hobbies. Here's a fun fact: Exercise is like a time machine that helps you stay young! When you're active, it slows down the aging process and keeps your body and mind sharp as you grow older.

Last but not least, exercise is a great way to make friends and have fun! Joining sports teams, dance classes, or playing games with friends helps you bond with others who share similar interests. You'll create wonderful memories and have a blast while being active. So, to sum it all up: Regular exercise makes your body stronger, your brain happier and sharper, and your heart healthier. It keeps you in a good shape, boosts your confidence, and helps you make friends. It's like a magical potion that brings you joy, health, and happiness – all you need to do is get moving and enjoy the benefits!

Let's find out now a bit more about the two main different types of exercise.



Aerobic exercise:

A really good work-out routine will always include different types of exercise. One which you may have already heard of and covers a lot of popular types of activity is Aerobic exercise. This type of exercise involves many different types of muscle groups and involves continuous and often repetitive movements. Swimming is a good example of this and so are rowing and jogging. Not only does Aerobic exercise help you lose weight, it's also great for building up muscle tone. Taking 45 minutes of this type of exercise will not only help you look great but benefit your heart too. Remember – your heart is a muscle. When you exercise your muscles, you are also building up the health of your heart.

Anaerobic exercise:

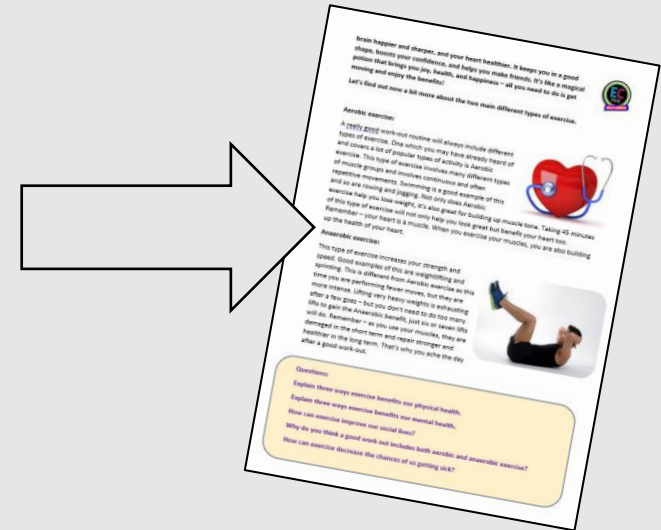
This type of exercise increases your strength and speed. Good examples of this are weightlifting and sprinting. This is different from Aerobic exercise as this time you are performing fewer moves, but they are more intense. Lifting very heavy weights is exhausting after a few goes – but you don't need to do too many lifts to gain the Anaerobic benefit, just six or seven lifts will do. Remember – as you use your muscles, they are damaged in the short term and repair stronger and healthier in the long term. That's why you ache the day after a good work-out.

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Now complete the questions in your booklet:

1. Explain three ways exercise benefits our physical health.
2. Explain three ways exercise benefits our mental health.
3. How can exercise improve our social lives?
4. Why do you think a good work out includes both aerobic and anaerobic exercise?
5. How can exercise decrease the chances of us getting sick?



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=wWGuLAa000>
<https://www.youtube.com/watch?v=5m6arvoDraI>

Short-term benefits of exercise include:

Long-term benefits of exercise include:

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/>