



02/11/20  
Secondary  
Newsletter

## Exercise and Wellbeing

There are many reasons why exercise is good for your physical health – having a healthy heart and improving your joints and bones are just two, but did you know that physical activity is also beneficial for your mental health and wellbeing?

### Benefits and Barriers

#### Benefits of Exercise



**1. Better sleep.** By making you feel more tired at the end of the day .Exercise can also help regulate your sleep patterns.



**2. Happier mood.** Exercise releases feel-good hormones that make you feel better in yourself and give you more energy.



**3. Self esteem.** Exercise has been shown to have a positive influence on our self-esteem .



**4. Helps manage stress, anxiety and intrusive and racing thoughts.** Doing something physical releases cortisol which helps us manage stress. Exercise also gives your brain something to focus on and can be a positive coping strategy for difficult times.

#### Potential Barriers



**1. Cost**—Select activities that require minimal facilities or equipment, such as walking or jogging.



**2. Time** -Monitor your activities for one week and identify at least three, 10-minute slots you could use to exercise.



**3. Lack of motivation**- Schedule physical activity for specific times/days and “check” it off your list or calendar each time you complete it.



**4. The weather**- There are lots of activities you can do without leaving your front door and that involve minimal cost. It can be as simple as doing a video on

YouTube

#### Fitness & fun challenge!

You can do 1 a day or do them all!

- 4 songs dance party
- 30 minute walk
- Walk around the house for 10 minutes
- Do Squats every time you hang / fold clothes
- 20 jumping jacks
- Kick/throw ball with some friends or family
- Yoga video on YouTube

#### Resources

Yoga - Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures– You can start with [Yoga with Adriene](#) videos for teens.



[Nike Training Club app](#)—can help guide you through your at-home fitness routines by providing free workouts such as yoga classes, cardio, bodyweight workouts, and more.

