

Top Tips from Joe Wicks

Why We Need to Exercise



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Why We Need to Exercise

Can you think of some different ways that you like to exercise and be active?

Can you think of some reasons why exercise is important?

Exercising can be great fun and it can make you feel happy!

Help Your Body



Exercise is
important for your
amazing body!

How do you think exercise helps your
body?

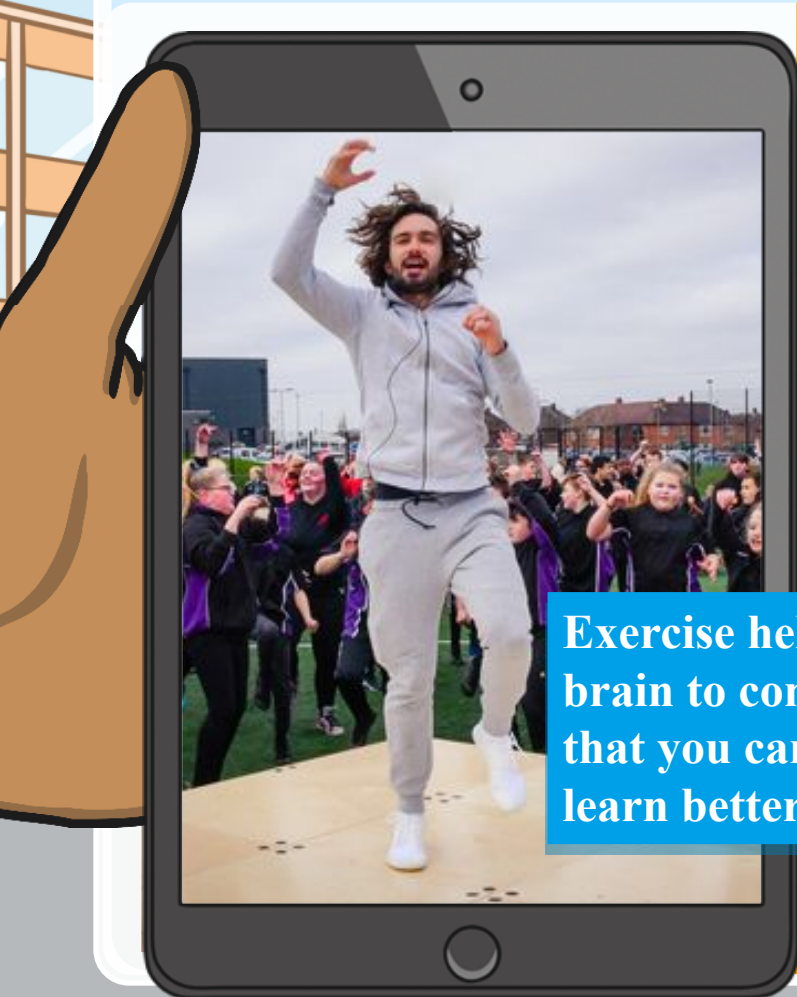
Exercise helps make your body stronger.

Exercise helps your heart beat stronger.

Exercise builds up your lungs so you
breathe healthily.

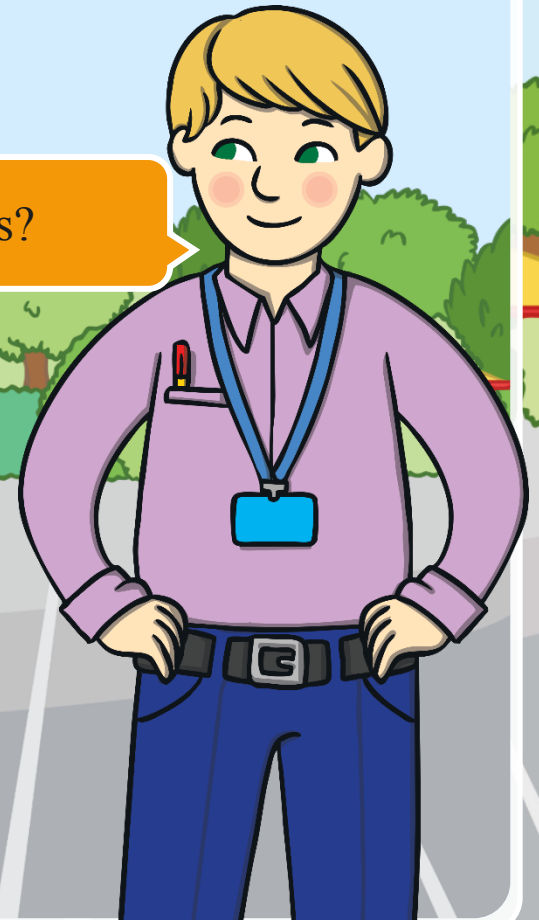
Another Important Part

Being active also helps another very important part of your body.



Can you **think** what it is?

Exercise helps your
brain to concentrate so
that you can
learn better.



What if we don't exercise?

Not exercising can make you unhealthy. It can make you tired, and feel unhappy. It can even make you unwell.

Talk with your family about how your body feels when you have been sitting down for a while.



Now try this!



Stand up and do quick marching on the spot for 30 seconds.

Make sure you have plenty of room.

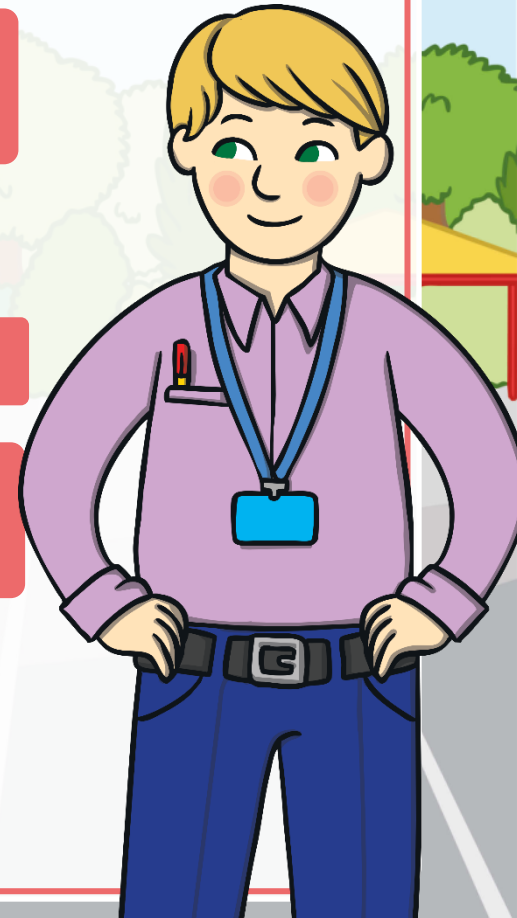
March on the spot.

Pump your arms.

How high can you lift your knees up?

Well Done!

Talk to your family about how your body feels now.

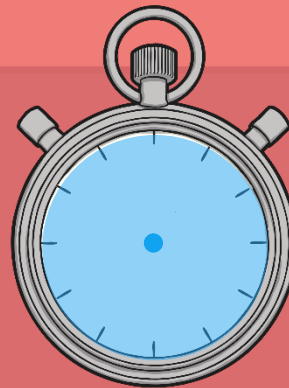


How Much Should You Exercise?

Being active every day is really important.

How long do you think you should spend exercising each day?

60 minutes

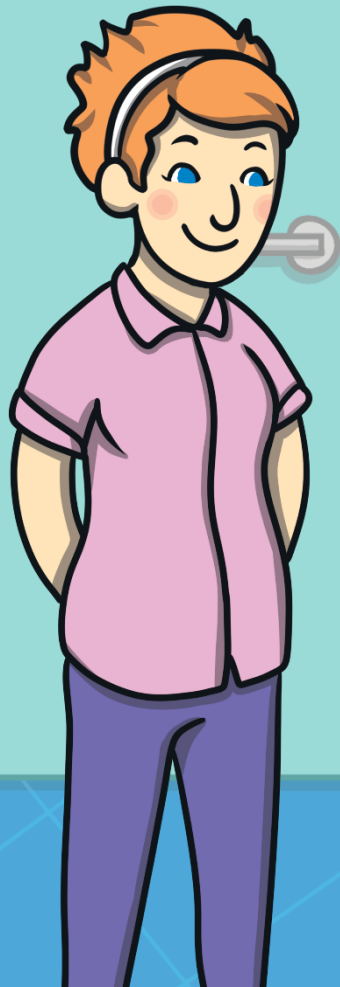


You should try to be active for 60 minutes (or one hour) each day.

Remember: This doesn't have to be all in one go.



What sort of exercise could you do?



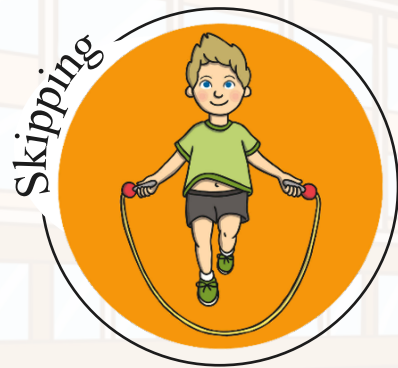
With your family, think of different ways you can be active and exercise.

How many different ways can you think of in 30 seconds?

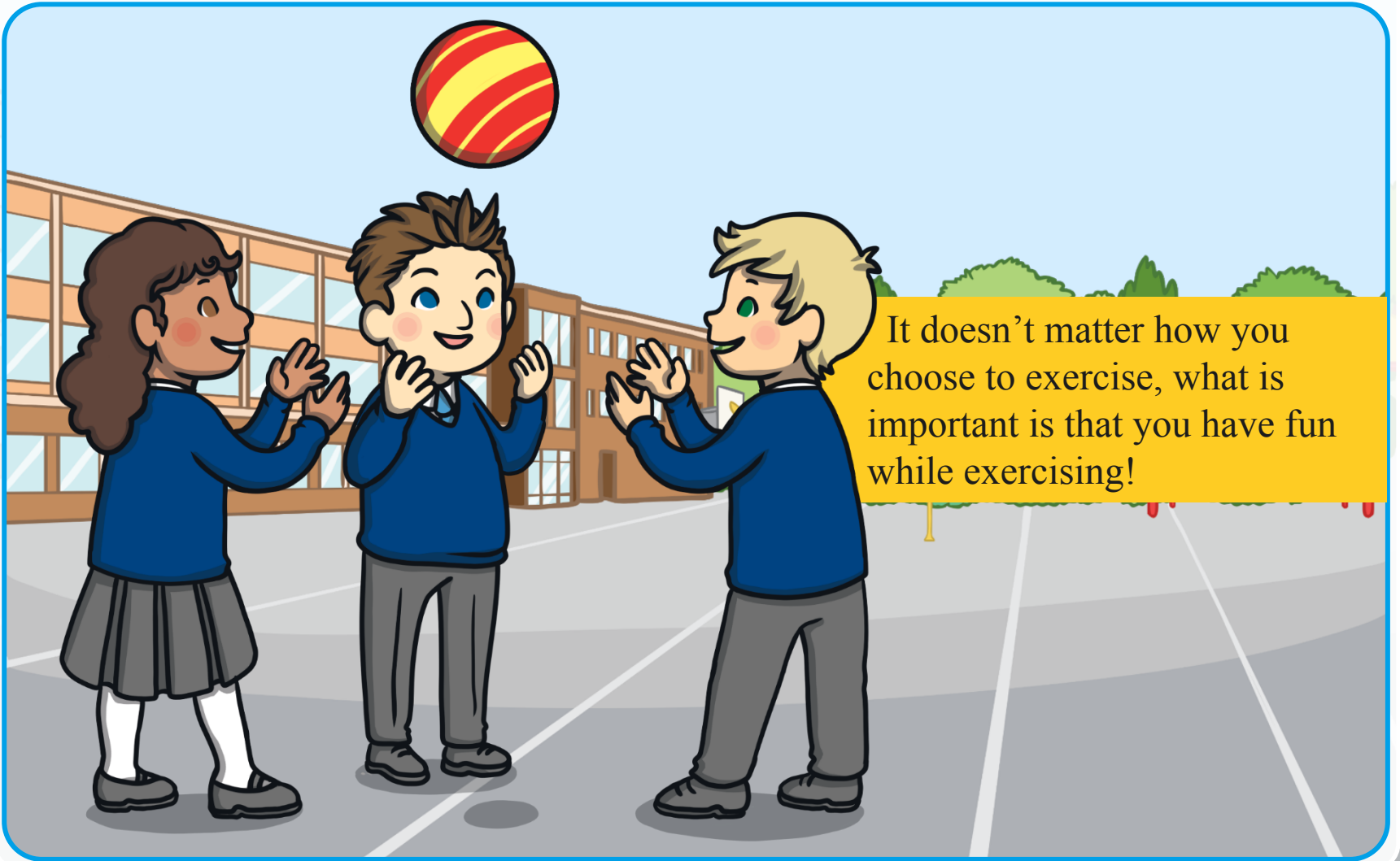
What ideas did you have?



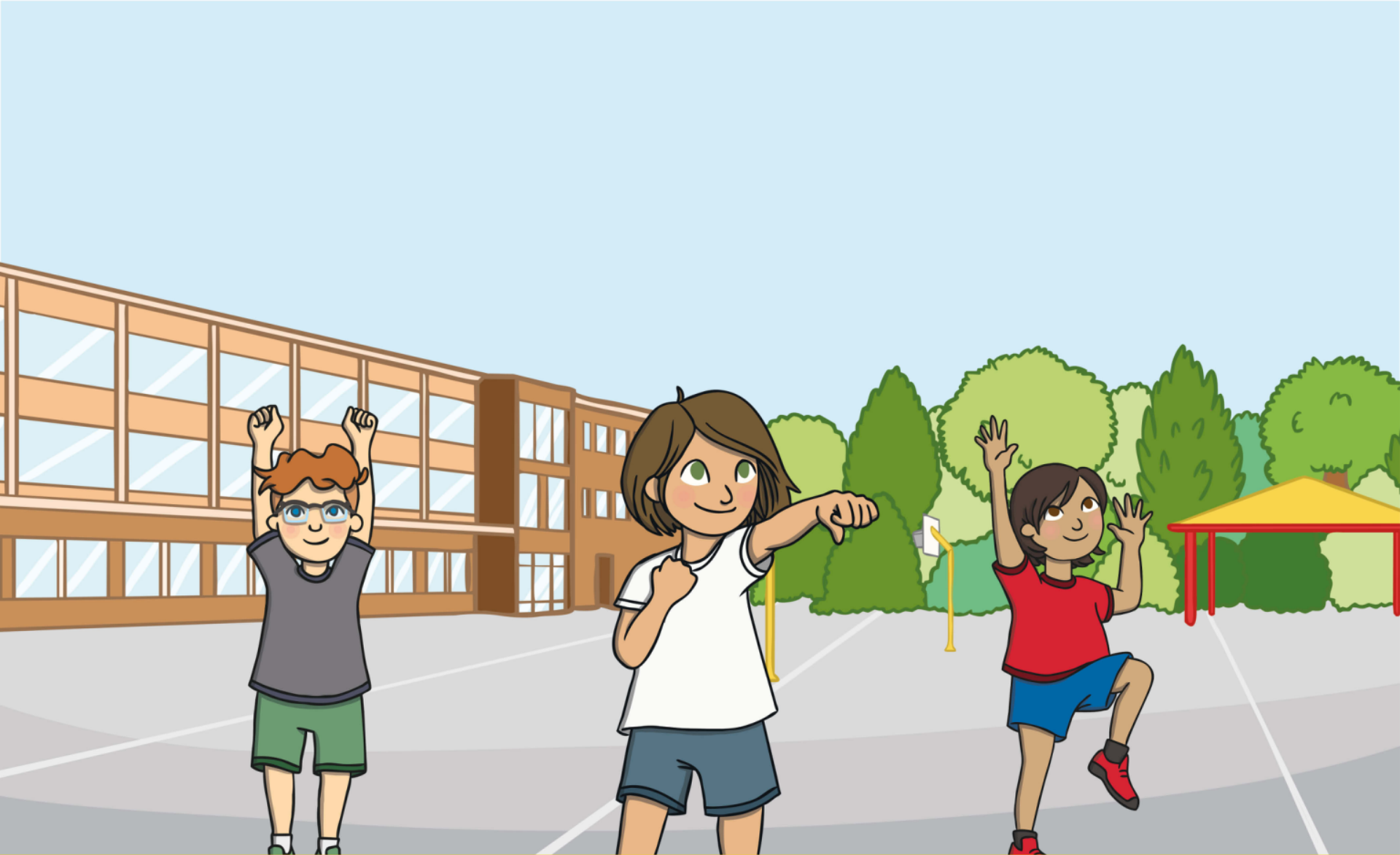
Ready, Set, Go!



Have Fun!



It doesn't matter how you choose to exercise, what is important is that you have fun while exercising!



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