

Healthy body, healthy mind

Wellbeing is about being fit, healthy and feeling good – and everybody wants to be like that! Being fit means being able to take part in almost any sport and physical activity. If a person sleeps well at night they will have lots of energy for activities during the day. They will do lots of different things, including being physically active. They won't spend too much time sitting down at a computer or TV. When a person has a feeling of wellbeing, they are ready to learn new things and take on new challenges. Problems don't feel too big, worries don't last too long and the person feels like being active.



LET'S FIND OUT



- What kinds of fitness are there?
- How does exercise help people to be fit and healthy?
- Why do different physical activities suit different people?
- How can people make sure they get enough exercise?
- What is a healthy amount of screen time?

Exercise keeps us healthy.

