

Benefits of Activity

Education

If we move, we improve our circulation, which means more blood to the brain. This not only aids our learning but also our concentration to learn. Some studies have found that those children who move more frequently, have an improved academic performance. Movement also helps us to learn how to problem solve, manage multiple tasks and helps us to remember.

Emotion

There are many theories that if we move, we often feel better. It can improve our mood and reduce anxiety. It helps to release the happy hormones and help burn off those more harmful chemicals that don't make us feel so good. It can also help us to sleep better.

Staying a Healthy Weight

Over the last few years, the numbers of children who struggle with their weight has increased. It is calculated that 1 in 3 children in the UK carry more weight than we would expect for their age and height. Not only does exercise help our metabolic system to work well but it also helps us to feel better about ourselves.

Muscle Strength

Exercise can provide so many positive changes to our muscles. Not only does it help make them bigger and stronger but also be able to work for longer. In addition to this, our muscles learn how to work best through repetition and memory in a clever loop with the brain. This often results in reduced risk of injury and reduced pain.

Bone Strength

Our bones are influenced the most through our junior years- we talk about building our bone bank when we are young to look after us when we are older. Bone health is optimised by weight bearing, being outside in the sunshine and eating a varied healthy diet. Our bones make up our skeleton which then sets our posture which enables us to function and provides protection for our organs. So it's super important to look after them.

This information has been printed from CHILDREN MOVE BETTER GWENT

Additional links and information can be found on our website: <https://children.movebettergwent.nhs.wales>

Digestion

If you sit down for long times, especially after a meal, you often feel sluggish and uncomfortable. When we move, we help our digestive systems to function, both through the use of gravity and the muscles in our tummy to work. This can help problems such as constipation but also enables us to best absorb the nutrients from our food.

Body System Function

Just like the digestive system, movement helps many of our organs to stay healthy- our respiratory system which helps us breathe, our cardiac system which ensure our heart can pump blood around our body, keeping our immune systems working and passing blood to all the vital organs!!! Little and often movement can make a big difference to these systems.

Balance and Coordination

By having strong muscles and bones, it helps us not only to stay steady on our feet, be upright and function but also allow the very clever connection between our brain and our bodies to allow us to do more challenging tasks such as standing on 1 leg, catching a ball that is being thrown to us, stepping around an obstacle. We learn how to do these through movement and practice and experience.

Social Skills Development

By taking part in exercise, we not only learn how our bodies work but also how to work with others. This could be learning how to share, take turns, work as a part of a team and communicate in lots of different ways to others.

Imagination and Play Activities

Exercise is fun. Exercise allows us to use our imagination, explore, learn, play and develop. There are so many types of exercise, there is no one exercise that suits all so it's great fun trying new challenges to see what you enjoy.

This information has been printed from CHILDREN MOVE BETTER GWENT

Additional links and information can be found on our website: <https://children.movebettergwent.nhs.wales>