

The logo features a white, scalloped-edged shape centered on a bright yellow background. Inside this shape, the words "NATIONAL" and "FITNESS DAY" are written in a bold, black, sans-serif font, stacked vertically.

**NATIONAL
FITNESS DAY**

WEDNESDAY 26TH SEPTEMBER 2018

#FITNESS2ME

WHAT DOES FITNESS MEAN TO YOU?



**NATIONAL FITNESS
DAY ENCOURAGES
THE NATION TO
CELEBRATE THE FUN
OF FITNESS AND
PHYSICAL ACTIVITY
ACROSS THE UK**



**NATIONAL FITNESS DAY IS A
CHANCE TO HIGHLIGHT THE
ROLE PHYSICAL ACTIVITY
PLAYS ACROSS THE UK,
HELPING US RAISE
AWARENESS OF ITS
IMPORTANCE IN HELPING US
LEAD HEALTHIER AND ACTIVE
LIFESTYLES.**

Why is it important to live a healthy and active lifestyle?



BENEFITS OF REGULAR EXERCISE:

- Healthier Heart
- Increased wellbeing
- Manage your weight better
- Have stronger bones, muscles and joints
- Lower blood cholesterol levels
- Lower risk of type 2 diabetes

Better quality of life – Healthier state of mind:

- Block negative thoughts and distract you from daily worries
- Lifts your mood and improves your sleep pattern
- Changes chemicals in the brain – endorphins, stress hormones etc.



WHY ARE P.E LESSONS IMPORTANT?



Research shows that if you exercise in company, you are more likely to stick at it; the social atmosphere creates a positive environment which is important in helping us to have fun.



Many activities in P.E require students to work in groups to solve problems or as a team, this is also an excellent opportunity to develop both leadership and cooperation skills.



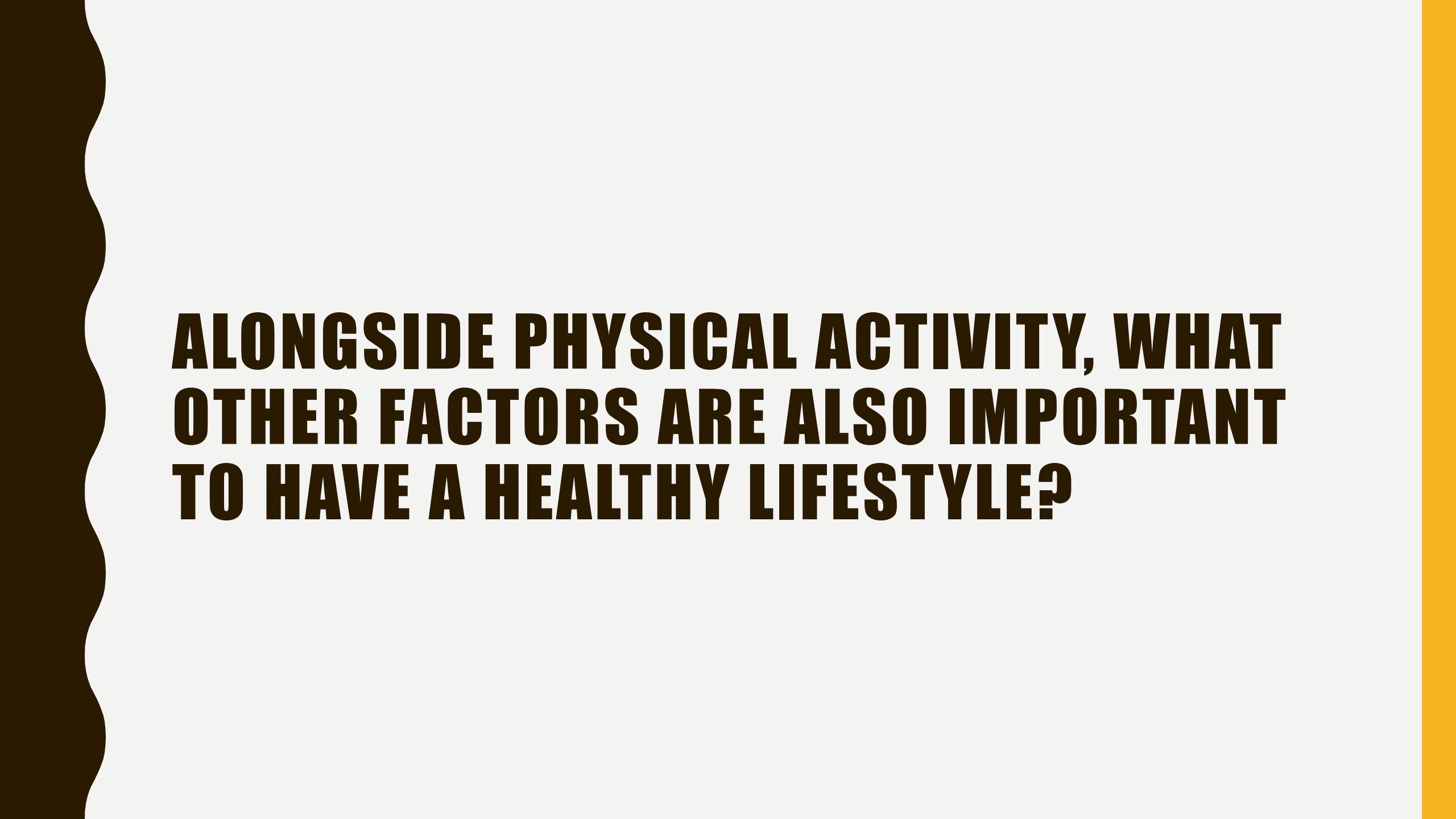
Many health and psychological benefits



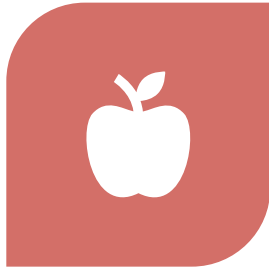
Develops motor skills, enhances our reflexes, hand eye coordination is improved etc.

30 MINUTES A DAY...

To maintain health and reduce your risk of health problems, health professionals and researchers recommend a minimum of 30 minutes of moderate-intensity physical activity on most, preferably all, days.



**ALONGSIDE PHYSICAL ACTIVITY, WHAT
OTHER FACTORS ARE ALSO IMPORTANT
TO HAVE A HEALTHY LIFESTYLE?**



A WELL BALANCED DIET



MAKE TIME FOR SLEEP



LOOKING AFTER
YOURSELF – DEDICATING
TIME TO LEARN



REDUCE YOUR SCREEN
TIME