

1. WHY BEING PHYSICALLY ACTIVE IS GOOD FOR YOU

After doing this challenge, you will know why being active is good for you and what the main benefits of physical activity are.

CHALLENGES

#1.
(20 MIN)



A lot of people nowadays say it is very important to be physically active.

What do you think? Why do they say this?

Why is physical activity important according to so many people?

But most importantly, what do you gain from being physically active?

Watch this short VIDEO and find this out!

"How playing sports benefits your body ... and your brain - Leah Lagos and Jaspal Ricky Singh"

https://www.youtube.com/watch?v=hmFQgjMF10&ab_channel=TED-Ed

#2.
(20 MIN)



You've just watched the short video!

Now, take a minute to think about it and answer these questions:

1. Write down at least three ways being physically active can help you.
2. What benefits of physical activity matter most to YOU?

(Think about your physical and mental health, your work and studies, your social life, etc.)

 **Be active**

Be well 

PRINT THIS SHEET AND SLAP IT ON YOUR WALL TO GET STARTED TODAY!



Physical Health	Mental health	Work & Studies	Social Life	Other

#3.
(45 MIN)



Write a letter to yourself in which you explain what the most important reason is for you to be more physically active. Make it as convincing and personal as possible.

Format of a diary:

“Dear me, I would like you to be more physically active because: . . .”

“Being physically active gives you the power to feel stronger, think clearer, and live happier. Your future self will thank you for every step you take today.”

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