

# THE BENEFITS OF PHYSICAL ACTIVITY

A lot of people nowadays say it is very important to be physically active. But why do they say this? Why is it so important according to so many people? But most important- what do you gain from being sufficiently physically active?

## CHALLENGES

### #1.

(2 days)



Start by increasing your understanding of physical activity by watching a short video:

[https://www.youtube.com/watch?v=hmFQqjMF\\_10&ab\\_channel=TED-Ed](https://www.youtube.com/watch?v=hmFQqjMF_10&ab_channel=TED-Ed)

Afterwards, search the web or talk to people that you know about the benefits of physical activity. What more benefits can they name?

### #2.

(2 days)



You have watched the short video and talked to some people. Write down at least 3 benefits of being sufficiently physically active everyday.

- What are important benefits for you personally? Think about your physical and mental health, your work and studies, your social life, etc.

PHYSICAL HEALTH	MENTAL HEALTH	WORK & STUDIES	SOCIAL LIFE	OTHER

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**#3.**

(10 days)



Now you know of several benefits of physical activity. But what is for you the most important reason to be physically active? What is your most important benefit?

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: .



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