



MoodMaster®

Enabling professionals to deliver world class materials to those who want and need them.

Exercise

Exercise is probably the easiest and quickest way to physical and mental health. And yet not many people exercise regularly.



The benefits of exercise:

- You live longer.
- It keeps your heart healthier.
- Keeps your blood pressure right.
- It keeps your cholesterol levels right.
- Helps prevent cancer.
- Helps prevent diabetes.
- Keeps your muscles, bones and joints healthy.
- Reduces body fat.
- Reduces depression and anxiety.
- Makes you feel good.
- Makes you do better at work, play, and in sport.

Find exercise that you enjoy.

It is important to enjoy exercising. If you don't enjoy it, then you will probably stop doing it. So what exercise do you enjoy?





Any exercise is good exercise.

Some people are very enthusiastic about exercise, and get involved in races. But you don't need to do that, even walking is good for you. Especially if you walk for ten minutes or so. You can even do that two or three times a day.

Lots of people exercise regularly.

Here are some examples:

- Chris goes for a ten minute walk everyday before lunch.
- Ben goes cycling with his friend.
- Jo has a miniature trampoline.
- Rob has an exercise bike.
- Tom spends a lot of time vacuuming the carpets.
- Sam enjoys dancing and practices everyday.

Mythbuster:

Some people believe that you don't need to exercise. In fact, if you exercise then you live longer and you live happier.



Some people make excuses for not exercising.

Here is what they say:

Excuse: I don't have time.

Answer: You don't say that about eating, and exercise is just as important.

Excuse: I have been put off exercise.

Answer: Well now is your chance to find an exercise that you enjoy.

Excuse: I am too tired.

Answer: Exercise makes you more energetic.

Excuse: I will do it tomorrow.

Answer: You need to exercise everyday.

In-session discussion.

- What excuses have you heard as to why people don't exercise?
- What other types of exercise are there?
- What is your favourite type of exercise?
- How can you take more exercise than you do at the moment?

Project.

If you already take exercise, then keep it up. If you don't yet take exercise make this the week that you start.