

Why Does Exercise Matter?

Regular exercise has many benefits:



Improves coordination and confidence in playing sports

Boosts body image and self-esteem

Improves sleep and learning

Maintains healthy weight



How to encourage more physical activity?



Incorporate physical activity in your daily routine



Enrol in a sport



Have a wet weather plan. Try indoor workouts instead



Focus on the fun in sports or games.



Scan here for Physical Activities Guidelines for your child!

