

Get Moving: All About Fitness

Get fit, feel great! Read on to discover the fun facts about fitness.

- Regular exercise helps to keep your muscles strong and healthy.
- What is the name of the 'happy chemicals' released by your body during exercise?
- Aerobic exercise, such as running or cycling, helps to keep your heart rate steady and healthy.
- Stretching before and after exercise helps to prevent injuries and improve flexibility.
- Team sports, such as football or netball, encourage teamwork and communication between players.

Did you know? Did you know that every time you exercise, your body produces happy chemicals called endorphins? These help improve your mood and make you feel more energised!

Key vocabulary: muscles · heart rate · endorphins · stretching · aerobic · teamwork