Max’s Guide to Peak Performance: Healthy Bodies, Healthy Minds!

Get Moving, Keep Growing: Your Journey to Fitness Starts Today!

- **Regular exercise strengthens the heart and lungs, improving your cardiovascular endurance so you can play harder for longer.**
- **Eating a balanced diet with plenty of fruit, vegetables, and protein gives your body the fuel it needs to recover and grow strong.**
- **Getting at least 9 to 11 hours of sleep is essential for your body to repair tissues and consolidate learning from the school day.**
- **Flexibility exercises, such as stretching or yoga, help to prevent injuries and keep your joints moving smoothly.**
- **Staying hydrated by drinking water throughout the day helps your brain concentrate and keeps your body temperature regulated during PE lessons.**
- **Physical activity boosts your mood and helps reduce stress, making it a powerful tool for your mental well-being.**

Did you know? Did you know? Regular physical activity doesn't just strengthen your muscles and bones; it also releases chemicals in your brain called endorphins, which help you feel happier and more relaxed after a good workout!

Key vocabulary: Cardiovascular · Endurance · Flexibility · Metabolism · Well-being · Resilience · Aerobic