

Health Benefits of EXERCISE

For Children & Teenagers



Raised heart rate to 170 bpm
40-60 mins, 3-4x per week =
5-10% improvement in
aerobic fitness in 8-12 weeks.



Resistance training
2 or 3x per week
improves **muscle strength**
and endurance.



Every 15 mins of exercise
improves **academic performance**
by an average of about a
quarter of a grade.



30 minutes of **cardio** exercise
per day boosts **confidence**,
reduces **stress** and **anxiety**.



Exercise between the ages of **11-18**
increases **bone density**, particularly
in the spine and hip.



30 minutes on the treadmill
boosts **problem solving**
by up to 10%

REGULAR PHYSICAL ACTIVITY



Helps build and maintain healthy
bones, muscles and joints



Helps reduce the risk of developing
obesity and chronic diseases



Helps to achieve and maintain
a healthy body weight.



Improves the quantity
and quality of sleep



Greater self-esteem and
better self-image



Improves coordination
and motor skills

Sources

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