

# Healthy Routines

## What exercise does for our mind and body



"I love to walk my dog in the park as this gives us both the exercise that we need each day and it also helps us both to sleep better"

"When I exercise it helps me to concentrate better on my school work, it also makes me feel happy"

"When I exercise often my back feels a lot better, I can then play more with my grandchildren as this also gives me more energy"

# Healthy Routines

How does exercise make you feel?



happy

strong

tired

sleep better

unhealthy

sad

weak

more energy

poor sleep

healthy

