

Active in Nature



- We all know exercise is good for our physical health, but it's also great for our mental health - it can reduce stress levels, help us get a good nights sleep and if you can do it outside, gives you a vitamin D boost from the sun!
- Exercise should be **fun!**
 - Find what feels good for you and you're more likely to keep it up.
 - A little goes a long way, if you only have 5 minutes, that's fine!
- But how does exercise affect your body?
- Try doing some physical activity for 5 minutes - this could be running, jumping on the spot, or just waving your arms around!
- Pay attention to your body once you've finished, how does it feel?



Measure your heart rate

- Put two fingers on the underside of your wrist and find your pulse.
- Count the number of heart beats you feel for 60 seconds.
- This is your resting heart rate.
- Try taking it again after exercising, has it changed?

