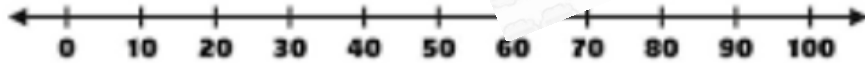


How Does Exercise Make Us Feel?

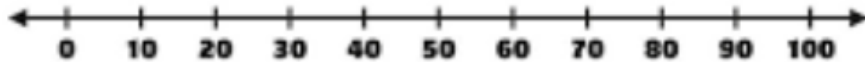
Before Exercise



Happiness = _____



Energy = _____



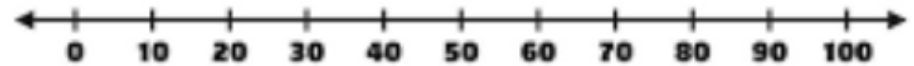
Heart Rate (beats per minute): _____

Feelings: _____

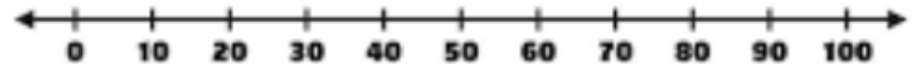
After Exercise



Happiness = _____



Energy = _____



Heart Rate (beats per minute): _____

Feelings: _____

What did you notice?

achy	awake	Before exercise, I felt...
bleary	energised	I was...
groggy	happy	I thought exercise would make me feel...
lethargic	healthy	Unexpectedly, I felt....
sad	pleased	After exercise, I felt...
shaky	rejuvenated	I was...
sleepy	strong	My heart....
slow	well	This is because...
tired	woken up	

- Exercise makes your heart pump oxygen to your body
- It gives you energy
- Releases chemicals called endorphins into your brain which stop you feeling stressed
- Strengthens your muscles and makes you fitter
- When you are fitter, it's easier to do things
- Makes you feel confident