How Exercise Helps Your Body and Mind

KS2 PE KS3 SCIENCE Ages 10-14 ⏰ 3 min read

What Happens to Your Body When You Exercise?

When you exercise, amazing things happen inside your body. Your **heart** beats faster, pumping **blood** around your body more quickly. This blood carries **oxygen** to your muscles, giving them the energy they need to work hard. Over time, regular exercise makes your heart stronger and more efficient — like training a superhero to become even more powerful.

Your **muscles** also grow and become stronger when you use them during exercise. Whether you're running, dancing, playing sports, or swimming, you're building muscle fibres. Your bones also get stronger from exercise, especially activities like jumping and running. This is super important because strong bones help protect your body and keep you healthy as you grow up.

Think of it like: Your muscles are like clay. Every time you exercise, you're moulding them into stronger, more powerful shapes.

How Exercise Boosts Your Brain and Mood

Here's something brilliant: exercise doesn't just help your body — it helps your **brain** and emotions too. When you exercise, your brain releases special chemicals called **endorphins**. These chemicals make you feel happy and more relaxed. That's why you often feel good after playing a sport or going for a run, even if it was hard work.

Regular exercise also improves your **concentration** and **memory**. Studies show that kids who exercise regularly do better at school because their brains work more efficiently. Exercise also helps reduce **stress** and **anxiety**. When you're worried or upset, moving your body helps calm your mind and gives you a fresh perspective on problems.

Think of it like: Exercise is like defrosting a computer that's running slowly. It clears out the junk and makes everything work faster and smoother.

How Much Exercise Do You Need?

The **World Health Organization** recommends that children aged **6 to 17** should do at least **60 minutes of physical activity every day**. This doesn't all have to be in one go — you can spread it throughout the day. The good news is that fun activities like playing with friends, dancing, sports, or even active video games all count.

The best part? Exercise doesn't have to feel like a chore. When you find activities you genuinely enjoy, staying active becomes fun rather than a duty. Whether it's cycling, martial arts, football, or climbing, the key is finding what makes you happy while keeping your body and mind healthy.

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