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# Why Regular Exercise Keeps Your Body Healthy

KS2 PE

KS3 SCIENCE

Ages 9-13



3 min read

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## What Happens When You Exercise?

When you do regular exercise, amazing things happen inside your body. Your **heart** gets stronger, your **muscles** grow bigger and more powerful, and your **bones** become denser and less likely to break. Exercise also helps your body burn off extra energy, which keeps you at a healthy weight.

Think of it like charging your phone's battery — when you use your muscles, you're giving your body the workout it needs to stay energised and ready.

## Your Brain Loves Exercise Too

Exercise isn't just good for your body — it's brilliant for your **brain** as well. When you move around and get your heart pumping, your body releases special chemicals called **endorphins**. These are sometimes called "happy chemicals" because they make you feel cheerful and less stressed. Regular exercise can help you concentrate better at school and sleep more deeply at night.

Think of it like watering a plant — exercise gives your brain the things it needs to grow strong and work properly.

## Building Strong Bones and Muscles

When you're young, your body is still growing. Regular exercise, especially activities like running, jumping, dancing, or playing sports, helps your **bones** become as strong as possible. This is super important because the stronger your bones are now, the healthier they'll be when you're older. Muscles also need exercise to stay strong and prevent injuries.

## Staying Healthy as You Get Older

People who exercise regularly have lower risks of serious health problems like **heart disease**, **diabetes**, and obesity. Exercise also boosts your **immune system**, which

helps you fight off colds and other illnesses. The **World Health Organization** recommends that young people get at least **60 minutes** of exercise every day to stay healthy.

Think of it like maintaining a bicycle — if you keep using it and looking after it, it stays in good shape for much longer.

## **What Counts as Exercise?**

Exercise doesn't just mean going to the gym or running. Playing tag, riding your bike, swimming, dancing, football, climbing, or even energetic play all count as exercise.

The key is moving your body regularly and having fun while you do it.