



Exercise 1a

Which **ACTIVITY** have you done when you last moved for more than 30 minutes?

Moderate

Brisk walking

House and garden work

Swimming

Bowling

Carrying groceries

Babysitting

Vigorous

Running

Playing 'tag'

Football, volleyball, basketball

Horse riding

Bike riding

Skating

Exercise 1b

Find out whether the following reasons for not being **ACTIVE** are true or excuses!

Response

Reason?

Why?

"It's easier to sit around"

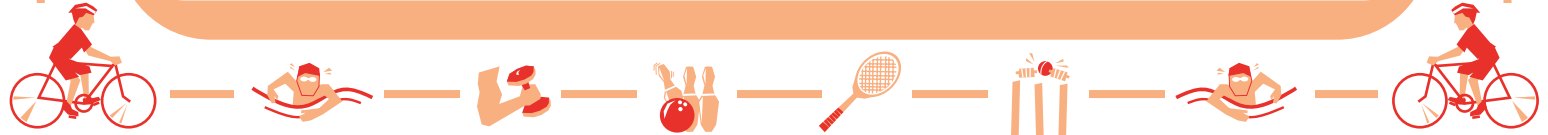
"There is no equipment or place to do it"

"There is no time"

"I don't know what to do"

"My friends and family are not physically active"

"I am embarrassed"





Exercise 2a

What effects does physical ACTIVITY have?

Physical

Builds muscles

Improves posture

Strong bones

Stabilizes your weight

Social

Make new friends

Enjoy physical activity with family

Be part of a team

Be respected by others

Emotional

Makes you feel good

Makes you feel happy & free

Relieves stress

Improves your self-esteem

Mental

Strengthens motivation

Builds up mental strength

Strengthens endurance & patience

Makes you sleep well

Exercise 2b

What effects does physical INACTIVITY have?

Consequences

Risk of gaining weight and weak muscles

Feeling stiff and always tired

Risk of being socially excluded

