

## Exercise is good for your mind.

Our report is about exercise and how this can help you feel better – not just healthy in your body, but for your mind too. The most important thing is everyone needs to feel happier and be fit and healthy.

How can exercise make you feel happier?

Some people go to gym a lot. Some people do not because they think it is boring or they like to do other exercise. We asked some pupils what they did instead of the gym. One said 'I take my dog for a walk.' Another said 'I go horse riding because it makes me happy. It is not easy and hurts your legs, but it is good exercise and fun.'

We think exercise makes you feel stronger and healthier. 'It only take five minutes to start feeling better and it doesn't have to be intense.'  
([www.lifehack.org](http://www.lifehack.org))

One of our teachers said that when she was feeling sad she would take her dog out for a really long walk and that she felt better after.

'9 out of 10 teens don't get enough exercise!' (CBS News)

We think that sometimes this is true. Computer games can be fun, but don't play them too much.

Exercise is easy – you can:

- Ride your bike
- Go swimming
- Play tennis
- Go for a jog or a fast walk
- Play football or rugby
- In summer you can play rounders' and cricket

Exercise makes you have more energy and makes your heart stronger. If you have more energy you will feel happier.

By Lily, John, Suriya

Running makes you feel good



Playing games with friends.



Team sports.