

## Why Physical Activity is Important

With schools and other public places being closed, it is still important for our students and even ourselves to get moving! Here are some of the reasons why it is important to get some physical activity in every day.

- Increases muscles mass
- Increases bone density
- Promotes healthy body composition
- Improves heart health
- Improves concentration
- Can improve mood
- Improves posture
- Improves sleep

Here are some ways for your student to remain active while at home:

- Go on a walk
- Throw/kick balls
- Reach/stomp on bubbles
- Kids Yoga
- Dance around the house
- Get out of your wheelchair/transport chair to stretch out
- Animal walks

Information from:

<https://www.healthykids.nsw.gov.au/teachers-childcare/physical-activity.aspx>