

Exercise Your Rights

Exercise is highly beneficial to health. Despite our busy lives, we still need to take some time to include exercise. In fact, exercise can also be beneficial to academic performance. Taking an exercise break allows the mind and the body time to rest and rejuvenates the creative juices required to succeed in school.

Health Benefits:

Enhances blood circulation and strengthens cardiopulmonary functions

Burns calories and helps maintain healthy body weight

Helps relieve stress

Finding time to exercise requires some commitment and thoughtful planning. Here are some suggestions.

During school try the following:

1. Walk or ride a bicycle to school.
2. Carry your books using proper form.
3. Stretch tense muscles periodically (without interrupting others).
4. Take a walk during lunchtime after your meal.

After school try the following:

1. Get involved in an after-school activity.
2. Spend less time watching television.
3. Dance to your favorite music with a friend.
4. During holidays, plan some time to explore outdoor activities in your area.

Exercise your rights to be physically active!