



Headstrong -

Week 17

2020/21

<https://www.youtube.com/watch?v=ahnobqinsrc>



THE BENEFITS OF EXERCISE ON MENTAL HEALTH

@BELIEVEPHQ


REDUCED
STRESS
LEVELS


INCREASED
WELL BEING


INCREASED
ENERGY
LEVELS


BOOSTS
BRAIN
POWER


REDUCED
DEPRESSION

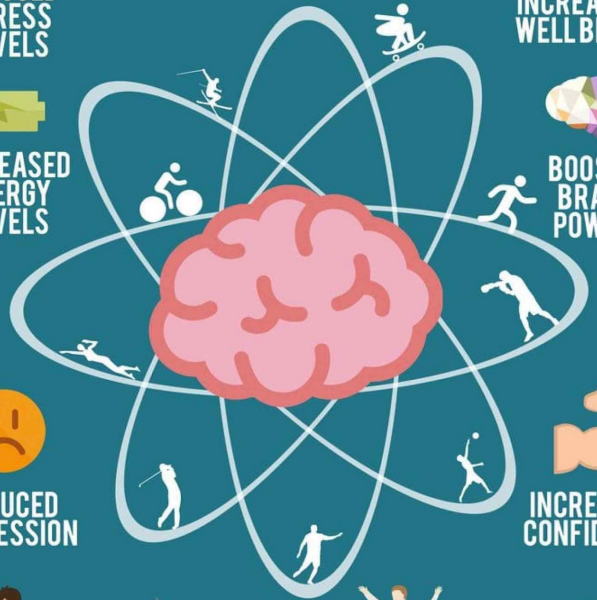

INCREASED
CONFIDENCE


INCREASED
MOOD


REDUCED
ANXIETY


INCREASED SELF
ESTEEM


IMPROVED
SLEEP



HEALTHY SCHOOLS CHALLENGE:

Complete the PE exercise diary challenge.

Can you do something physical at least 3 days a week?

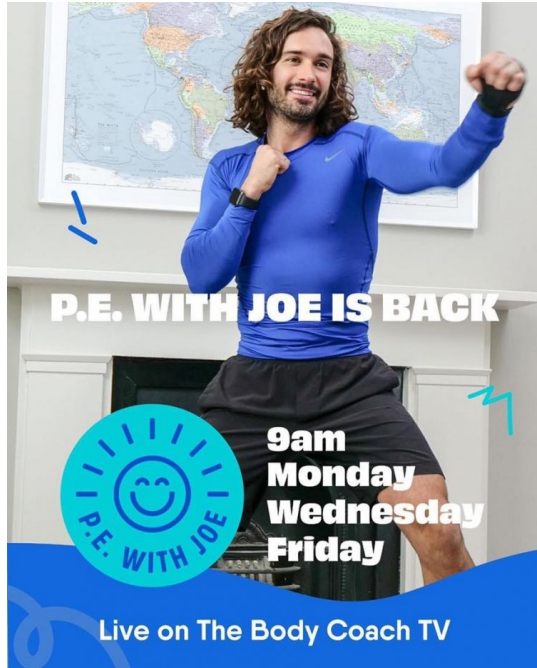
Are you going to push yourself to do something every day?

What variety of activities are you going to try?

Who can hold you to account?



Activity ideas... in case you need inspiration! (All but couch to 5k are on youtube)



P.E. WITH JOE IS BACK

**9am
Monday
Wednesday
Friday**

Live on The Body Coach TV



ONE YOU

**COUCH
TO 5K**



**BRING SALLY UP
CHALLENGE**

03:15:12..



YOGA WITH ADRIENE



**JUST
DANCE
2021**

“Exercise not only changes your body, it changes your mind, your attitude and your mood.”

