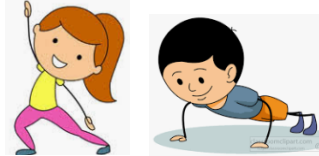


Exercise



#1

Can exercise help our mental health?



Exercise trains our brain. When we exercise our brain (by doing physical activity) we really help it mentally in so many ways!



#2

In order to get the wheels turning in your brain you need to move! A healthy brain = an active body!

What do you want to better?



Click on picture for video link

Focus? Sleep? Learn? Happy? Reduce stress?

Write down something you want to do better:

What exercise will you do that will help you with this?








#3

Unsure of what to include in a *daily workout*?

Try this circuit. Once per day, for one week. Get a family member to join you!!

Beginner (~5 mins)	Intermediate (~10 mins)	Advanced (~12 mins)
20 seconds per exercise, 10 seconds rest between exercises	45 seconds per exercise, 20 seconds rest between exercises	60 seconds per exercise, 30 seconds rest between exercises

Listen to your body...if you need longer rests, take them. (Participaction.com)

<p>Warm Up: Stretch from head to toe: (12 seconds each) Neck rotation, shoulder rotation, arm rotation, torso rotation, lunge stretch, quad stretch, reach for toes, ankle rotation.</p>	<p>1 - High Knees</p> 
<p>2 - Push Ups</p> 	<p>3 - Step Up</p> 
<p>4 - Triceps Dip</p> 	<p>5 - Chair Squat</p> 
<p>6 - Plank</p> 	<p>7 - Glute Bridge</p> 

After you've completed one week of exercise, how does your body feel? How does your mind feel?

Body: _____

Mind: _____

Look back at question #2. Has exercise helped you do 'something' better?

Explain: _____

#4 ~ Exercise & Sleep

Why is sleep so important?



[Click on image to watch video](#)

When we exercise we improve our brain function. Exercise helps us get into a deep sleep, this is where our body rejuvenates and helps us stay focused and productive.

When we exercise (for at least 30 minutes a day) we get a better Quality of sleep.

How much sleep do you get each night? _____

Getting 9 hours of sleep is important for your developing brain.

Tips to help you sleep better/more:

- 1) EXERCISE for 30 minutes (or more) each day.
- 2) Try to go to bed at the same time and wake up at the same time every day.
- 3) Try to dim down the lights in the hour before bed ~ stay away from screens before bed.
- 4) Read, practice breathing techniques, visualization, perform body scan, meditate, write in journal, etc. (take your mind off any stressors).

What helps you get to sleep?

Try to keep track of how much sleep you are getting. Write it down in a journal. Write down the reasons why this might be happening. Figure out a way to help you fall asleep...what can you do that will help?

#5

Playing/Exercising outside is a great way to improve your overall health.

If you can go *outside*, here are some things you can do:

Walk, Run, Bike, Skip, skateboard, shoot hoops, create exercise circuits in your yard, hula hoop, hike etc.

If you *cannot go outside*, here are some thing you can do:

Yoga <https://www.youtube.com/user/yogawithadriene/videos>,

Balloon Volleyball or Keep Up, hallway Soccer (nets at opposite ends of hall, use a small plastic ball), exercise Jenga (if you have a Jenga game- write an exercise on each piece, every time a block is pulled, do that specific exercise...if tower falls-do the plank for 30 seconds), broom hockey (use small plastic ball/tennis ball, small broom handle for stick), Lazer Maze in hallway (use yarn and zig-zag it at varying heights), Wii Fit, Make your own exercise circuit.

Please check out the Physical Education Departments' weekly Physical Activity Schedule on our school website. It has great ideas for daily activity!!!

<http://web1.nbed.nb.ca/sites/ASD-W/GeorgeSt/Teachers/default.aspx>