



UFFCULME SCHOOL

Exercise Regularly

Uffculme School Newsletter November 2016

In the last newsletter we started to look at ways to look after our mental health. We already know that exercise is good for physical health – well it is good for mental health too.

Young people should try and aim for 60 minutes of physical activity every day. That sounds like a lot, but you don't have to do it all in one go. Even just walking short distances instead of getting a lift is beneficial.

If you are not very active at the moment, try and build up gradually. Start with 15 minutes a day and increase by 5 minutes each week.

Try and choose activities you enjoy - dancing, exercising with a friend, walking the dog, throwing a Frisbee around, skateboarding. There is plenty on offer at school at lunchtime and after school. Or you can check out what is available in your area or local leisure centre.



Uffculme School Student Welfare Services
Looking out for our students