



Physical Activity

We are designed to be connected with one another.

Why Physical Activity?

Physical activity can enhance well-being. Increased physical activity has been found to enhance mood, improve energy levels, and promote quality sleep.

There are several reasons why physical activity can be good for mental well-being.

- **Exercise decreases stress hormones.** Exercise decreases stress hormones like cortisol. It also increases endorphins—your body's "feel-good" chemicals—giving your mood a natural boost.
- **Physical activity distracts you from negative thoughts and emotions.** Physical activity can take your mind off of your problems and redirect it to the activity at hand.
- **Exercise promotes confidence.** Exercise can help keep you fit and help you project an aura of well-being.
- **Exercise can be a good source of social support.** The benefits of social support are well-documented, and many physical activities can be social activities as well.
- **Better physical health may mean better mental health.** Improving your overall health and longevity with exercise can save you a great deal of stress in the short run (by

Websites:

ParticipACTION <https://www.participaction.com/en-ca>

Active for Life : Raising Physically Literate Kids <https://activeforlife.com/>

Action for Healthy Kids <https://www.actionforhealthykids.org/>

Saskatchewan In Motion <http://www.saskatchewaninmotion.ca/>

Brain Activity Breaks in the Classroom or in Meetings

Brain Breaks <https://www.weareteachers.com/brain-breaks-for-kids/>

Playbreaks for virtual meetings <http://www.saskatchewaninmotion.ca/post/desktop-olympics>

Daily Physical Activity breaks K-7 <http://www.saskatchewaninmotion.ca/post/daily-physical-activity-manual>

It's important to integrate movement-based activities to energize oneself or a group after lunch or to relax and calm a person or class before a test, after lunch or at the end of the day. There are many names for physical activity breaks such as brain breaks, energizers, and brain boosters. Regardless of what you call it, the goal is simple: Getting off our seat to be physically active throughout the day.

When you exercise, it increases endorphins, dopamine, adrenaline and endocannabinoid – these are all brain chemicals associated with feeling happy, feeling confident, feeling capable, feeling less anxiety and stress and even less physical pain. Dr. Kelly McGonical

Video Links

Physical Activity and Mental Health

<https://www.google.com/search?q=physical+activity+and+Mental+Health+videos&og=physical+activity+and+Mental+Health+videos&aqs=chrome..69i57j33i160.15433j1j15&sourceid=chrome&ie=UTF-8>

Morning Exercise = Mental Health

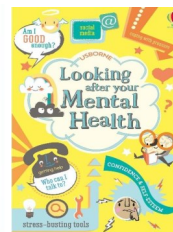
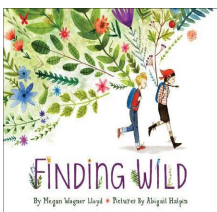
<https://www.youtube.com/watch?v=3ZBXldCxZEA>

Brain Changing Benefits of Exercise

https://www.ted.com/talks/wendy_suzuki_the_brain_changing_benefits_of_exercise?language=en

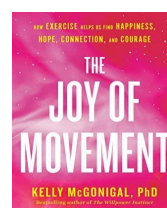
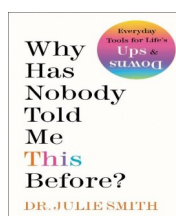
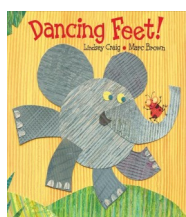
Literature Links

Children



Checkout the
Palliser Regional
Library!

Adolescence



Adult

“Sticks in a bundle are unbreakable.” - Tanzanian proverb