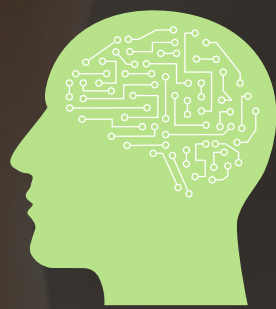


BENEFITS PHYSICAL HEALTH BRINGS TO THE CLASSROOM

Physical health in education can be one of many motivating factors when it comes to teaching and learning. Studies have shown that children are not getting enough physical activities in the day.* Below you will find important benefits physical health brings to the classroom.



HEALTHY BODIES MAKE HEALTHY MINDS

Keep bodies healthy with both exercise and healthy eating. Exercising at least 30 minutes everyday, and making healthy food choices helps the mind reap the rewards when it comes to education. Such rewards include better thinking and memory skills.



IMPROVES MOTIVATION

The next time you are feeling overwhelmed with what you need to prepare for, then consider taking a break and doing some simple physical activities like going for a walk or run, or a little yoga to help clear your mind and motivate you!



ENHANCES LIFE SKILLS

The strength and focus we benefit from with physical activities can help enhance our concentration and improve communication skills. Both physical and mental health help each other build the determination to get goals met.

The list of benefits physical health brings to mental health as it relates to education is endless. Physical health in education plays a vital role for helping students with their learning. This in turn makes it easier for teachers when teaching their lessons and so everyone benefits in the end! For more on the benefits of physical health check out our sources below.

Sources:

<https://edukitchen.net>, <https://www.canada.ca/en/public-health/services/being-active/physical-activity-your-health.html>*