

Heads Up for Wellbeing – Physical Activity



Important facts about physical activity.

- There are many benefits to ensuring that you include physical activity in to your weekly routine. There are many physical health benefits that come from being physically active such as: lowering blood pressure, building healthy muscles and bones, maintaining a healthy weight, lowering blood sugar, helping to prevent disease and giving you an increased chance of living longer. In addition to this there are many mental benefits such as improving mood, relieving stress, providing the opportunity to experience success and achievement, and helping you get a better night's sleep. If all these reasons weren't enough to get you moving there are also big social wellbeing benefits. Physical activity can allow you to meet with friends (or make new ones) and learn social skills such as communication and teamwork. Scottish statistics show that around one third of adults (aged 16+) and one third of children (age 2-15) are not participating in the recommended amount of weekly physical activity.

Symptoms - what signs might suggest to you that someone is not doing enough physical activity?

- A lack of energy and stamina
- Injuries occur more often
- Lower mood
- Increase levels of stress
- Lower metabolism
- Poor sleep
- Craving unhealthy food
- Lack of concentration
- A weaker immune system
- Difficulty maintaining a healthy weight

Ways that physical activity is promoted at school

Self help

- Pupils are given the opportunity to take part in P.E. either one period (S4-6) or two periods a week (S1-3).
- Extra-curricular clubs within school provide an opportunity for pupils to participate in sports that they are interested in or develop their fitness.
- If pupils live close enough to school walking or cycling to school would be a healthy alternative to being driven to school or taking the bus.
- Activities throughout the year to promote sport and activity such as sports day or the 'Big Fit Walk'
- Discussion about physical activity in PSE lessons.

There are lots of ideas and activities to do that can make your child or your family more active



Self help

Check out the NHS website which gives lots of information on how much exercise you should look to achieve each week and how to add up the minutes over your week. It also recommends activities that will allow you to achieve moderate or vigorous activity levels as well as ideas for muscle building activity and breaks the recommendations into age categories to support your children and the whole family.

The Falkirk Community trust website has a 'sport' section that will provide a list of organised sports and activities that your child can sign up for and provides information on local gyms.

If your child is struggling with motivation to become physically active, why not find an activity that you can do together.

Suicide Awareness – useful contacts – where to get help

www.nhs.uk/live-well/exercise

- All the information you need about recommended amounts of physical activity for the whole family

www.falkirkcommunitytrust.org

- Check out the 'Sport' section to see activities and sports available to participate in
- Gym membership details and sign up
- Follow them on social media: Facebook: Falkirk Community Trust, Twitter: @FCTrust, Youtube: FCTrust

Couch to 5k app

- You can download this app onto android or apple phones
- Will give instructions to help you build up to running 5k
- Recommended by the NHS