







## Regular physical activity can improve overall wellbeing

Click the tile preview to view in full and download.

Copy	Tile
<p>Regular physical activity can improve children and young people's overall well-being in many ways including:</p> <ul style="list-style-type: none"><li> <b>Boosts physical health:</b> helps you build strong muscles and bones and keeps your heart healthy.</li><li> <b>Enhances mental wellbeing:</b> releases feel-good endorphins that improve your mood, reduce stress, and help you focus better in school.</li><li> <b>Increases energy levels:</b> regular exercise gives you more energy to tackle your day and stay active.</li><li> <b>Improves sleep quality:</b> helps you fall asleep faster and enjoy deeper, more restful sleep, so you wake up refreshed.</li><li> <b>Promotes social interaction:</b> join a sports team, dance class, or workout group to meet new friends and have fun together.</li></ul> <p>Remember, every bit of movement counts! Whether it's playing basketball, skateboarding, dancing, or even a quick jog, make physical activity a part of your daily routine and feel the difference.</p>	 <p>The tile preview features a photograph of a person with a backpack standing on a hillside, looking out over a landscape. In the top left corner, there is a logo for 'Healthy High Schools' with a house icon. Below the photo, the text reads 'Regular physical activity can improve overall wellbeing'. At the bottom, there are three icons: a red apple, three yellow carrots, and a white bicycle on a green background. The NSW logo is in the bottom right corner.</p>