

Benefits of physical activity on the whole child

“Physical activity is vital for health and wellbeing. If you can get the habit of being active when you are young it will last for a lifetime”

Dr. Mike Loosemore MBE. Lead Consultant Sports Physician UCL 2017



Physical activity plays a critical role in the brain development of young children.



Improves cardiovascular health and reduces the risk of developing heart disease in later life.



Being active enhances bone and muscular development.



Develops motor skills, movement and coordination and bodily awareness.



Improves cognitive development and encourages concentration, cooperation and communication.



It is an essential component for energy balance and weight control.



Supports learning social skills and contributes to a sense of belonging.



Improves self-confidence and helps children to feel comfortable with their bodies.



Contributes to a feeling of personal wellbeing and lays down good habits and attitudes for the future.



Supports emotional wellbeing building confidence, optimism and resilience.

References

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