Exercise is essential for our well-being: it affects all aspects of our lives, from happiness to health.

**IT MAKES US HAPPY**

**IT MAKES US HEALTHY**

**IT MAKES US STRONG**

**WE MAKE NEW FRIENDS**

Exercise is any activity which requires physical effort and improves our fitness.

- Your body, muscle and bones grow stronger.
- It makes you walk and run faster, and for longer.
- Your heart gets stronger too. Which means your body gets healthier.
- Exercise helps you perform better at school.
- You meet new friends and feel less loneliness.

Text & design by POLONA FONDA (www.fondastrong.com)