

# Girl's guide to exercise

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.

