

Joe Wicks: Sixty-Minute Exercise Countdown

It is important to exercise regularly in order to stay healthy. Staying healthy means looking after your body and mind so that they can do all of their important jobs.

Why is exercise so important?

- Exercise helps to keep our body healthy.
- It's good for our heart, lungs, bones and muscles.
- Activity is good for our brain and helps us to concentrate so that we can learn better.
- Being active, moving, getting exercise, playing sports and games are fun and can help make us happy!

You should try to be active for 60 minutes every day. This doesn't have to be all in one go!

Colour in this stopwatch when you are active today. Each section of the stopwatch represents 5 minutes of activity. How many different ways will you be active today?



