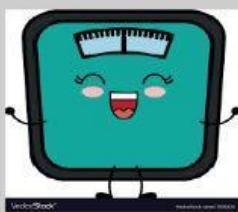
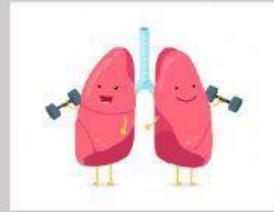


Decide if the following benefits of physical activity are (Physical/mental and emotional /social)



Helping to control body weight



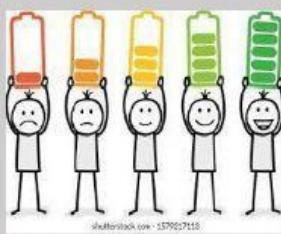
Improving lung function



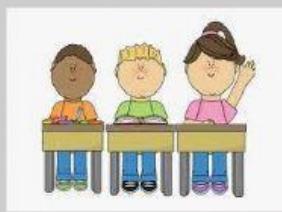
increase confidence



feel calmer and better about yourself



improving energy levels and be more alert



increasing attention span



learn leadership skills



Reducing the risk of heart disease and stroke



make new friends.



Improving bone and muscular strength



improving motor skills, problem-solving



increase motivation to exercise