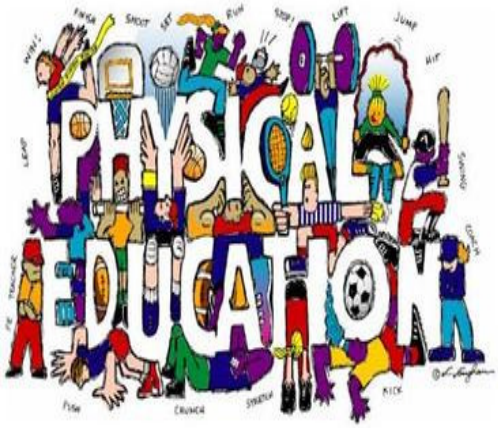

Benefits of exercise

Dear Parents,

The Physical Education Department encourages you to discuss with your children the importance of physical activity. Studies have shown a link between academic performance and exercise. The following are some benefits of regular exercise:

- **Increases muscular strength**
- **Stronger heart**
- **Helps build balance and flexibility**
- **Lowers the risk of heart disease**
- **Boosts energy**