

Importance of Exercise

An estimated 67% of people with gym memberships never go!

You could try to find out:

- Why this is.
- Whether people are fitter now than they were 50 years ago.
- When most people sign up to gyms.

Design a poster which advertises the benefits of exercise.

Think about the following points whilst preparing your poster:

- Why is exercise important?
- How does our body respond when we exercise?
- What are the different types of exercise?
- Where do people go to exercise?
- Are there any other benefits to exercise, other than improved health?

