What is the benefit of physical activity?

**Physical activity** …
- supports physical fitness
- strengthens the body
- supports mental activity
- supports physical wellbeing (e.g. it’s good for your heart)
- supports mental wellbeing (e.g. it’s good for your mood)

**Physical activity** …
- helps meeting people
- helps making new friends

**Physical activity in groups** …
- is fun
- helps in learning German
- strengthens the community
- can help in solving problems

**Physical activity** …
- helps in overcoming a bad mood
- prevents boredom
- motivates to go outdoors
- helps in structuring your day

**Physical activity outside** …
- is important for your body
- Fresh air is healthy
- Sun is healthy and supports your wellbeing
- in Germany, best go out when the sun is shining!

Dimensions of physical activity

**Stamina/Endurance**
Gaining stamina, e.g. by jogging or rope skipping.

**Mobility**
Getting stretchy and flexible.
Gaining moblility by stretching exercises.

**Strength**
Gaining strength e.g. by weight lifting.

**Relaxation**
Enhances mental balance.
Can be improved e.g. by meditation.

**Coordination**
Enhances balance and agility.
Can be improved e.g. by balancing.
From standing position, shift weight to one leg – lift other leg backwards unbent – at the same time lower upper body to keep it in a straight line with lifted leg – keep position for 10 breaths.

Mobility

Keep every position for 15 breaths.

In starting position, keep arms slightly bent – breathing out, lower body slowly – breathing in, go back to starting position.

Starting in push-up position, shift weight on one arm – breathing in, lift opposite arm and leg – breathing out, go back to starting position – variation: keep both legs on the floor.

Stand upright with legs crossed (right leg forward) – lift right arm upwards and bend upper body to left side – feel stretch in right side – change side.

Forward lunge – bend forward leg – press heel to the floor – feel stretch in calve and groins of backward leg.

Stay fit to stay healthy!

Relaxation

Sit down comfortably – breath in and out deeply – breathing out, try to prolong breaths, so that finally you can count to 4 when breathing in and to 8 when breathing out – helps to compose oneself and slows down heartbeat.

Stand upright – breathing in, lift arms upwards – breathing out, bend down from the waist – keep back straight – legs may be bent – feel stretch in the back and back side of the legs.