

## Resource 2

Look at the resource below, where some people share how they feel about being active.

I enjoy being active. I love the feeling of my breathing rate increasing and my heart beating faster. My favourite ways of being active are team sports and running. I think it's important to enjoy being active as it makes you want to do it, not feel like you have to.



Donna

I think I am active without even realising. I run around and play games at breaktimes, I walk to and from school everyday and as soon as I get home from school, I am outside playing with my sister.

Shanza

I think it is really important to enjoy being active. It makes it much easier to keep motivated. I tried lots of different things and they made me miserable as I wasn't having fun until I found geocaching. I love geocaching!



James


How do you feel about being active?

Who do you think you are most like?

I make sure I do something active each day, but I do not really enjoy being active. I don't think you need to enjoy it as long as you do it as it is so important. I do like the feeling I get when I have finished though!



Elijah



It depends what mood I am in as to whether I enjoy being active or not. Sometimes I just want to relax and not be energetic and move around.

Winifred