

# Exercise is Medicine

1<sup>st</sup> Year, Mount Temple 2016

Mount Temple was originally founded in 1972, originally called Mount Joy. Today, it is a comprehensive school welcoming all, holding 900 students.

Exercise is Medicine is a new fitness program that involves first years coming into school early and doing fitness exercises. In just two weeks of the program being in action, students had more energy, were less tired, and more active and better behaved than before the program had started. No one in the program got any detention or penalty points in the two weeks. At the beginning of the program, people were interviewed about their knowledge of exercise on a scale from 1-10, and the average score was 2 or 3. At the end of the program, everyone was at a 10. Everyone was fitness tested at the beginning of the program, with sit ups, press ups, and step ups. After the program, only two weeks later, there were massive improvements, showing that in only two weeks, people were already healthier. Form teachers of the pupils involved in the program were asked about the children's behaviour and how they are in class in the duration of the two weeks of the program. All the teachers agreed that attendance had gotten better, students were better behaved, less tired in class and were more involved in the class.

Exercise is so beneficial to everyone, and especially helpful for children who are growing. This program was originally meant for second years, but we, as a group, decided that it

would make more sense to start the program with first years, because the sooner someone can get into fitness, the better. Mr. Prendergast kindly facilitated the fitness classes. From the results that we got back, and the improvements in everyone's behaviour and productivity in class, we were completely right. The sooner that someone can start exercising, the better. Exercising helps prevent heart disease, diabetes, strokes, high blood pressure, obesity, back pain, self esteem, mental wellbeing and so much more.

Exercise is Medicine is a fantastic program that should be rolled out to schools across Ireland. The results speak for themselves.

