

INTRODUCTION

We have been told our entire lives that we should exercise for our bodies. But we wondered what impact exercise has on our mental well-being in our daily lives also. How important to our minds is working our bodies? What kind of popular exercise is the best for our minds? To collect this data, we turned to our fellow schoolmates for answers.

Does exercise affect happiness?

Happiness	1	2	3	4	5	6	7	8	9	10
Frequency	3	3	3	13	19	0	27	25	19	3
Mode	7									
Median	7									
Mean	6.57									

FREQUENCY

The first question was simply "how many days a week do you exercise?" We found that it is most common for teenagers to exercise 5 days a week. This finding is very positive as it is ideal to work out at least 4-5 times a week according to health professionals.

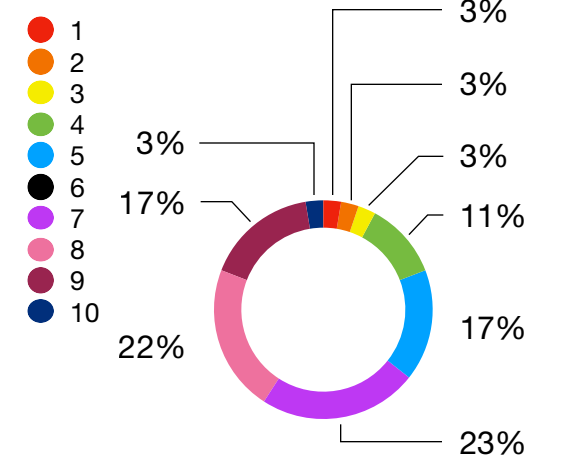
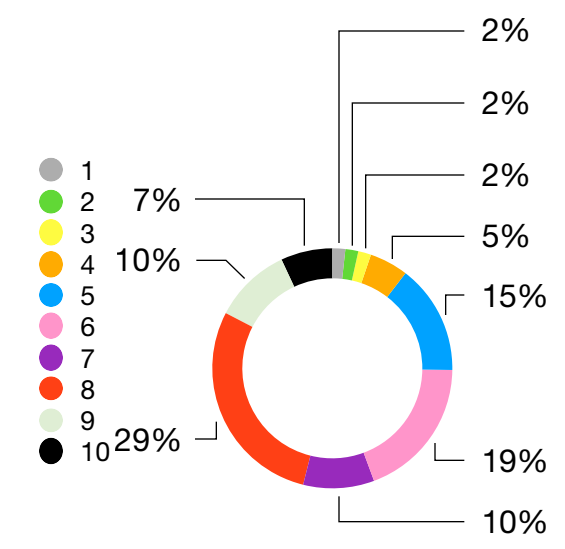
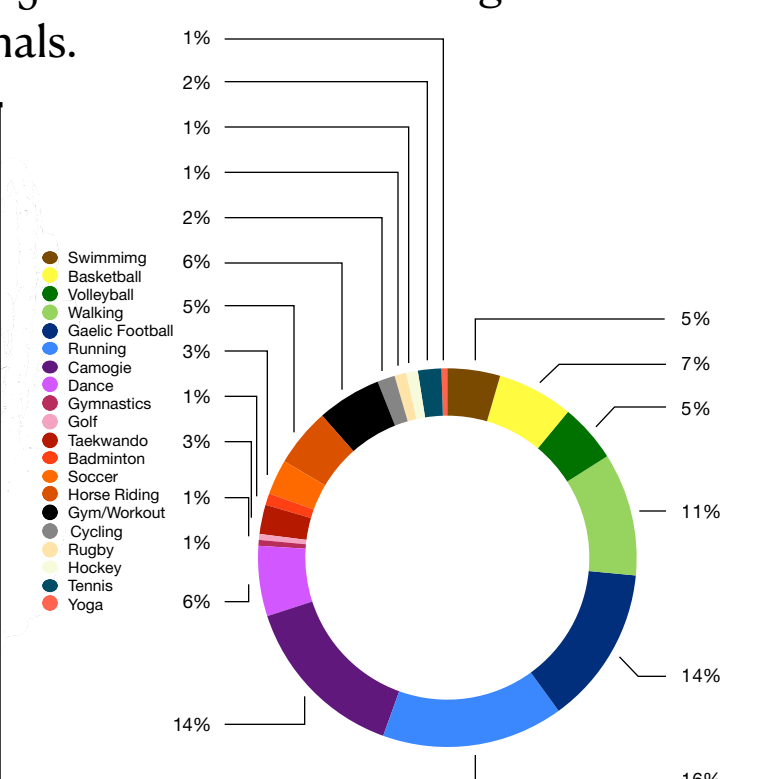
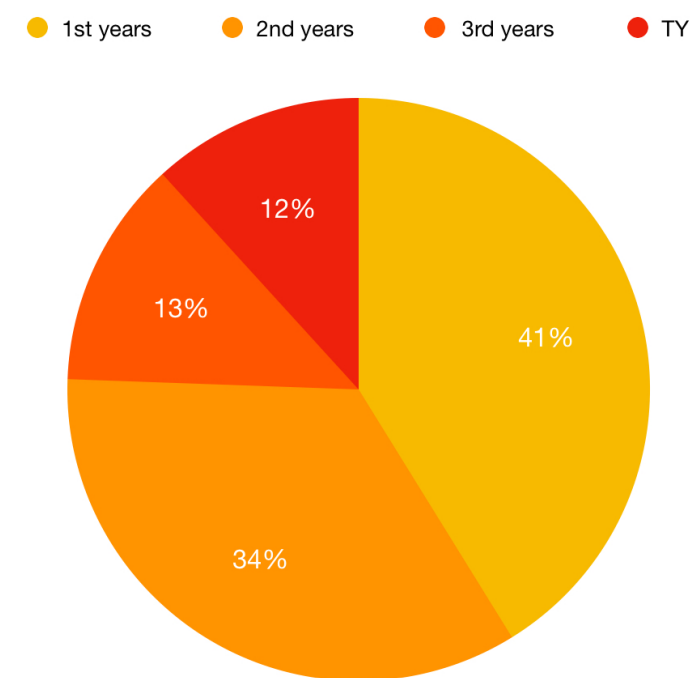
How well would you rate your sleep right now? (1 being very bad, 10 being very good)

How happy are you on a scale from 1-10?

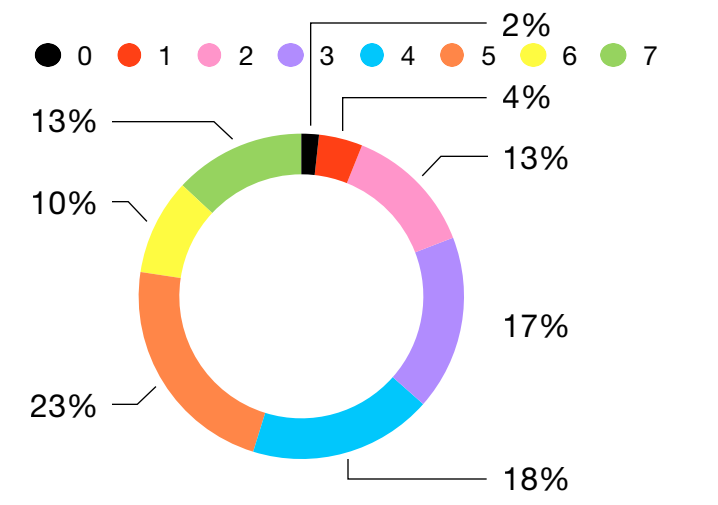
METHODOLOGY

First we formed a survey which included all questions that we needed to find a possible correlation between happiness and exercise. We distributed the survey by email to 1st years up to Transition Years (12-17 y/o) in our school. Our school is an all girl's school so we did not receive any data from males. We chose to do this age group because they're more likely to answer our survey and they are the groups that were most accessible to us through email. We left the survey open for replies for one week and gathered the data that it collected. We received a total of 115 responses which was very helpful for us. We then used this data to make graphs, and to form new information. We then, using the data and graphs, formed an analysis.

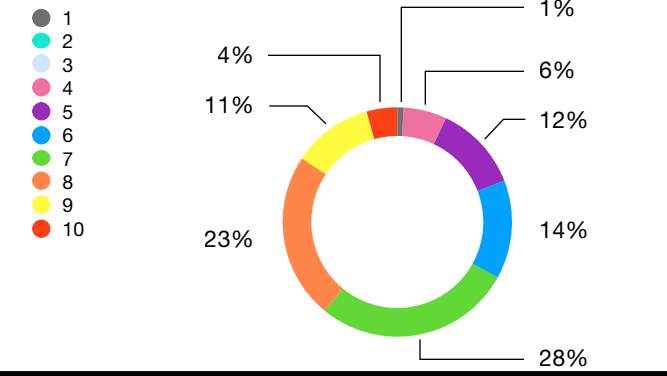
How many of each year participated	
1st Years	51
2nd Years	38
3rd Years	14
4th Years	12



How many days a week do you exercise?



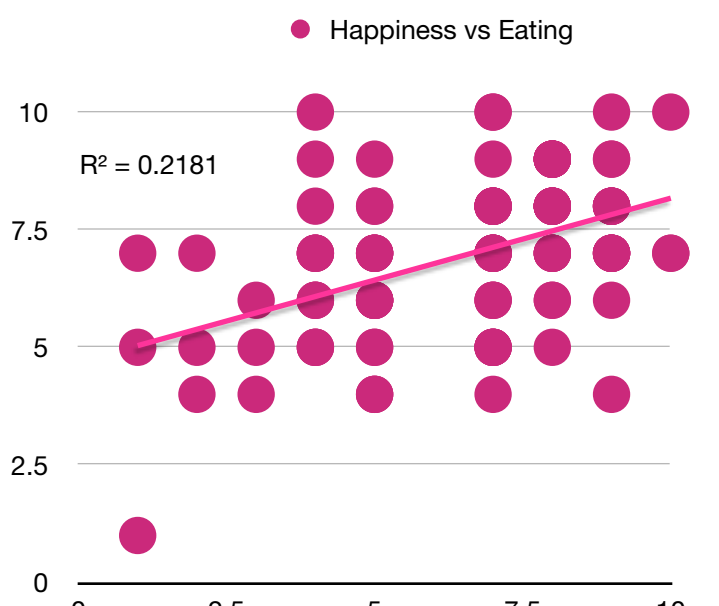
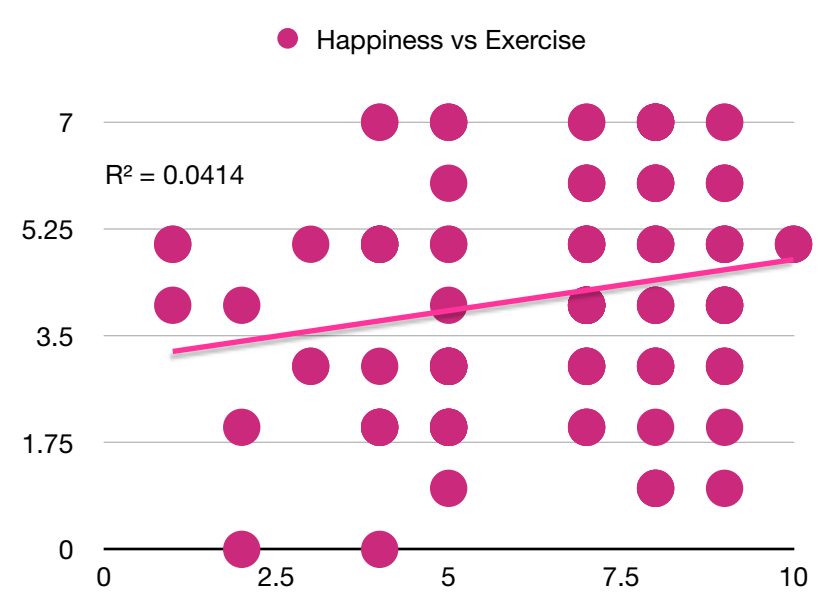
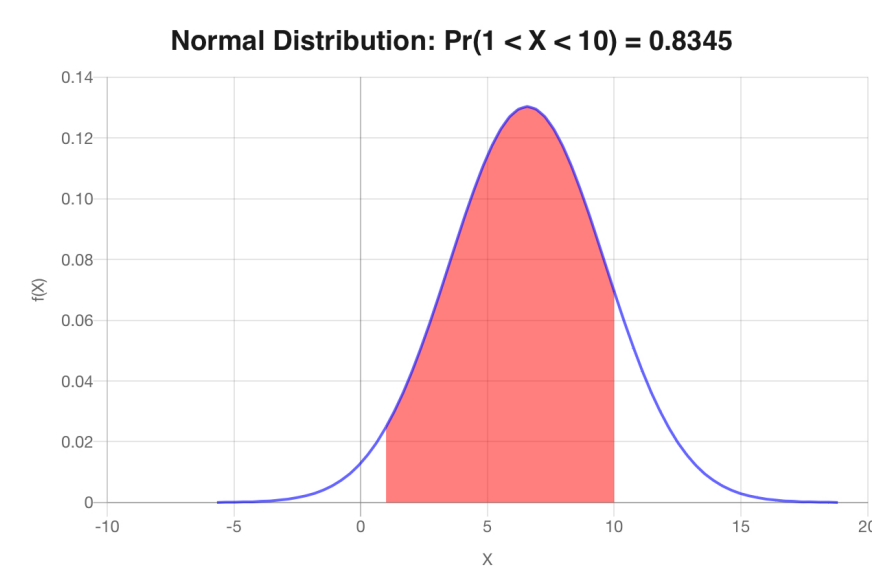
How healthy are you eating right now on a scale from 1-10? (1 being unhealthy, 10 being very healthy)



CONCLUSIONS

The results of our survey has found that generally people who get better sleep are more likely to be happier. People who have a healthier diet are also more likely to be happier. The R² of our scatter graph comparing happiness and sleep was 0.24 and 0.22 for the one comparing happiness and how healthy someone is currently eating. This concludes to that sleep has more of an effect on one's happiness than healthy eating does.

ANALYSIS



According to this standard deviation graph displaying the happiness of the people in our survey, our data of people's happiness was that was skewed positively. The mean of happiness was 6.57 which is a relatively high and is a positive result in our eyes.

We did 3 scatter graphs comparing happiness to exercise, sleep, and healthy eating. The r² for happiness comparing to exercise was 0.041. For happiness compared to sleep the r² was 0.24. For happiness compared to healthy eating, the r² 0.22.

RECOMMENDATIONS

Getting the best possible sleep is one of the most important factors in ensuring that you have the most happiness that you can have, according to the research that we have carried out. According to medical professionals, it is recommended that people aged 13-18 get between 8 to 10 hours of sleep per night. The advice for adults is to get a night's sleep of 7 hours or more. We believe that by following this advice, everyone's happiness will improve. Happiness is one of the most important things in life for everyone and by paying more attention to our sleep we can improve it and thus our quality of life.