

Health and Fitness (2.3)

Health and Fitness (2.3): Key Terms

- **Health** is a complete state of physical, emotional and social wellbeing not just the absence of disease.



- **Fitness** is the body's ability to function efficiently and effectively.



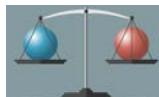
- **Well-being** the feeling of being content with life



- **Sedentary**: someone who is inactive and does little exercise.



- A **healthy balanced lifestyle** includes a healthy diet, regular exercise, healthy body weight, limited stress, and minimal consumption of alcohol.



Health and Fitness (2.3): Diet

What makes up a balanced diet?

- **Carbohydrate** include glucose/glycogen for energy production e.g. *pasta*.



- **Proteins** for growth, repair and hemoglobin production e.g. *fish*.



- **Fats** to insulate cushion and provide an energy store e.g. *sweets*.



- **Vitamins** for blood clotting and eye, tissue and bone health e.g. *fruit*.



- **Minerals** for haemoglobin and energy production e.g. *fruit*



- **Fibre** to aid the large intestine e.g. *cereals*



- **Water** to help chemical reactions and move substances around the body.

Carbohydrate loading increases energy production and delays fatigue in physical activity.

Health and Fitness (2.3): Health Benefits

Physical benefits of exercise:

- Prevents injury / obesity
- Decreases the risk of coronary heart disease
- Lowers blood pressure
- Increased fitness and posture



Emotional benefits of exercise:

- Raised self esteem / positive body image
- Good stress management



Social benefits of exercise:

- Feeling of belonging
- Increased friendship group



For consequences of a sedentary lifestyle say the **opposite** of above.