

# Physical, Emotional and Social Health, Fitness and Well-being, and the Consequences of a Sedentary Lifestyle




## Physical, Mental and Social Health, Fitness and Well-being

Participation in physical activity can lead to a number of physical, social and mental benefits, as well as benefits to your fitness.

### Physical Health and Well-being:



 Improves heart function	 Prevents obesity	 Improves bodily functions	 Reduces risk of diabetes
 Prevents illness	 Makes daily activities easier	 Strengthens muscles and bones	 Controls weight

### Fitness:

 Reduces risk of injury	 Improves fitness	 Aids physical ability to work
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### Mental Health and Well-being:






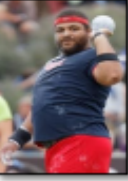
 Decreases stress	 Feel-good hormones (Serotonin)	 Improves brain power	 Reduces depression
 Emotional control	 Increases self-esteem	 Improves sleep	 Improves energy levels

### Social Health and Well-being:

 Improves teamwork	 Make friends	 Builds social skills
 Provides essential human needs	 Improves cooperation	

### Somatotypes

Individuals have different body types which are suited to different activities. All body types can be categorised into the three categories outlined below:

<h4>Ectomorph</h4> <ul style="list-style-type: none"> <li>Lean and long</li> <li>Light frame</li> </ul>  <p>Suitable for endurance events</p> 	<h4>Mesomorph</h4> <ul style="list-style-type: none"> <li>Wide shoulders</li> <li>Muscular</li> <li>Lean</li> </ul>  <p>Suitable for sports where power is important</p> 
<h4>Endomorph</h4> <ul style="list-style-type: none"> <li>High body fat</li> <li>Wide hips</li> </ul>  <p>Suitable for sports where strength is important</p> 	

### Consequences of a Sedentary Lifestyle

Leading a sedentary life can lead to a number of negative outcomes. One of these outcomes is **obesity** which is associated with a number of health problems.

