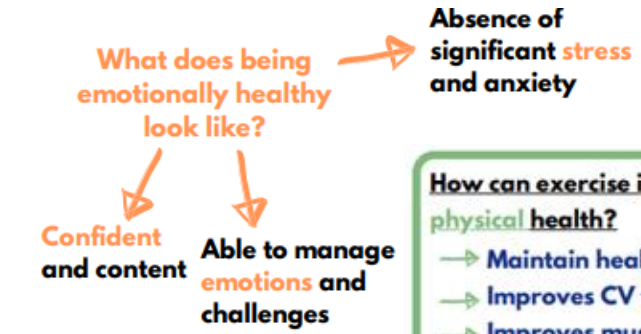
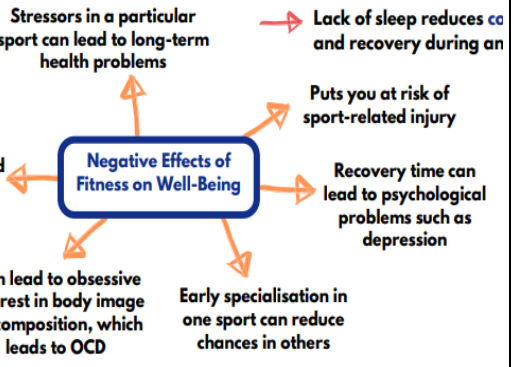
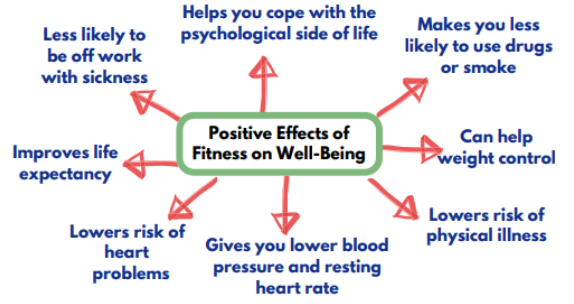
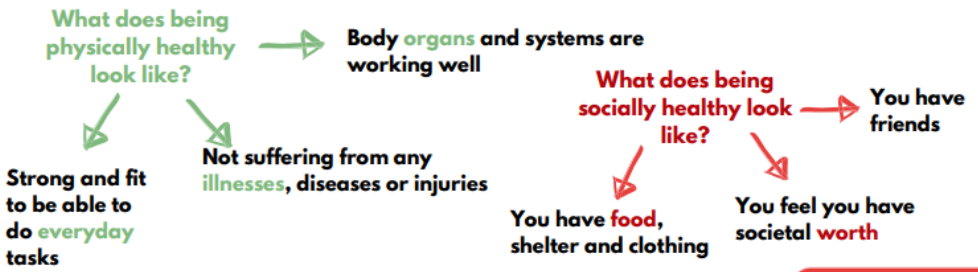


Health, Fitness and Well-Being



-Physical, emotional, and social health: how participation in physical activity can improve these.
 -Impact of fitness on well-being (positive and negative effects).
 -Lifestyle choices: diet, activity level, work/rest/sleep balance and recreational drugs (alcohol/nicotine).
 -Positive and negative impact of lifestyle choices on health, fitness, and well-being.

- Health** → A state of complete **emotional, physical and social well-being**, and not merely the absence of disease and infirmity
- Fitness** → The ability to meet the **demands of the environment**
- Exercise** → Physical activity which **maintains or improves health and fitness**
- Performance** → How well a **task is completed**



- How can exercise improve social health?**
- Opportunities to socialise/make friends
 - Cooperation
 - Good attitude to competing
 - Teamwork

- How can exercise improve physical health?**
- Maintain healthy weight
 - Improves CV fitness
 - Improves muscular strength & muscular endurance
 - Removal of cholesterol from walls of arteries
 - Prevents high blood pressure
 - Prevents osteoporosis
 - Reduces the risk of Type 2 diabetes
 - Prevents obesity

- How can exercise improve emotional health?**
- Helps us 'feel good'
 - Helps to overcome physical & mental challenges
 - Aesthetic appreciation
 - Increased self-esteem

- Alcohol - Negative Effect on Sporting Performance**
- Irregular Heart Rate
 - Dizziness
 - Slowing of Reactions
 - Lessens coordination and judgement

Lifestyle Choices

- Diet** → Balanced diet provides the **nutrients** the body needs to produce **energy** needed to stay healthy and perform well. An imbalance can lead to obesity or **malnutrition**
- Activity levels** → Physical activity reduces health **risks** and has many positive effects.

- Smoking - Negative Effect on Sporting Performance**
- Damage cells in lungs causing **bronchitis** from infections
 - Damage to lung males breathing more difficult
 - Nicotine **addiction** raises heart rate and blood pressure

- Work/Rest/Sleep Balance**
- Stress and anxiety from too much work raises blood **pressure**
 - Overtime increases risk of heart disease and **strokes**
 - Imbalance affects **emotional** wellbeing
 - Lack of sleep reduces **concentration** levels and recovery during and post exercise