

Millthorpe School GCSE Physical Education – Health, Fitness and Well-Being

Lifestyle choices – the decisions we make about how we live and behave that impact on health.

Diet

Eating healthy	Eating unhealthy
<ol style="list-style-type: none"> 1. Boosts energy levels 2. Reduces the risk of developing serious health conditions 3. Help lose weight 	<ol style="list-style-type: none"> 1. Leads to deficiencies 2. Increases weight and % body fat 3. Causes depression with poor body shape

Activity levels

Active lifestyle	Inactive lifestyle
<ol style="list-style-type: none"> 1. Boosts self esteem 2. Reduces stress and anxiety 3. Improves fitness levels 	<ol style="list-style-type: none"> 1. Increases risk of disease 2. Decreases muscle mass, strength and energy levels

Work/rest/sleep balance

Good balance	Poor balance
<ol style="list-style-type: none"> 1. Improves mood 2. Increases productivity at work 3. Contributes to quality of sleep 	<ol style="list-style-type: none"> 1. Increases the risk of depression 2. Leads to weight gain 3. Increased blood pressure

Well being – a combination of physical, emotional and social health.

Positives effects of training/exercise on:

Physical health

- Stronger bones (increased bone density)
- Lower cholesterol / reduced obesity
- Increase/development of components of fitness
- Increase life expectancy



Emotional health

- To increase self esteem/confidence – increased endorphins released
- Reduced risk of age-related diseases - dementia
- Relieve stress and tension
- Fun/enjoyment / reduced boredom



Social health

- To develop teamwork skill
- To meet new people/friends
- Develop communication skills
- Develop leadership skills



Social benefits may vary depending on age group:

1. Elderly
2. Children

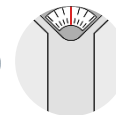
Negative effects of training on:

- Physical health – overexertion leading to heart failure / overuse injuries
- Emotional health – training can lead to injury and cause depression
- Social health – training long hours means less time spent with family.

Impact of a sedentary lifestyle on weight

Overweight – weighing more than the expected weight for height and gender / **Overfat** – high percentage of body fat

Obese – weighing significantly more than expected.



Recreational drugs – these are taken for pleasure and are legal to those over a certain age.

Smoking

Causes breathlessness and reduces the oxygen-carrying capacity.

This affect aerobic ability for endurance events. Smoking (nicotine) increases the risk of lung cancer, bronchitis, pneumonia & emphysema.



Alcohol - contains chemicals which act on the brain affect judgement.



Balance, co-ordination and reactions are affected



Diuretic – increased water levels in urine and cause dehydration



Reduction of glycogen levels and slower lactic acid removal



Liver problems

Sedentary lifestyle – a lifestyle with no or irregular physical activity. This includes sitting, reading, watching television & playing video games.

Health risks associated are:

- Heart disease
- Type 2 diabetes
- Obesity
- Osteoporosis
- Depression

