

Physical health and wellbeing Mental health and wellbeing Social health and wellbeing Fitness Qualitative data Quantitative data

Sedentary lifestyle Self esteem Obese Lethargy Somatotype Ectomorph Endomorph Mesomorph Calorie Fat Energy balance

Energy Balanced diet Nutrition Carbohydrates Protein Vitamins Minerals Hydration Dehydration Rehydration

Consequences of a sedentary lifestyle

Somatotypes

Ectomorph

Tall and thin,
narrow shoulders,
narrow hips

High jumper
Marathon runner
Basketballer

Mesomorph

Muscular body, wide
shoulders and narrow
hips

Gymnast
Swimmer
Rower

Endomorph

Pear-shaped body,
wide hips and narrow
shoulders

Rugby (scrum)
Sumo-wrestler

These are the consequences of being inactive:

Weight gain/obesity Hypertension
Lethargy Poor Sleep
Heart disease Diabetes
Poor self-esteem

OBESITY

People with a high fat content, caused by an imbalance in the number of calories consumed and amount of energy expended

Leads to...

Physical ill-health

Increased risk of cancer, heart disease and heart attacks, hypertension, developing type 2 diabetes, pressure on joints and high cholesterol levels

Mental ill-health

Increased risk of depression, loss of confidence, including self-confidence

Social ill-health

Increased risk of being unable to socialise leading to poor mental health, being unable to leave home as you're physically unable or lack confidence

Physical, emotional, social health, fitness and wellbeing

Reasons for participation in sport & activity

Physical wellbeing

Improves heart function, improves the efficiency of the body systems, reduces the risk of some illnesses, enables you to carry out everyday tasks efficiently and helps to avoid obesity

Mental wellbeing

Reduces levels of stress and therefore physical tension, it releases feel-good hormones and can help control your emotions better

Social wellbeing

It provides opportunities to socialise, enables you to cooperate with other people and it enables you to work collaboratively. You have food, shelter and clothing

Fitness

Enables you to improve your level of fitness, maintaining physical, mental and social wellbeing, reduces the chance of injury and ensures you are physically able to work

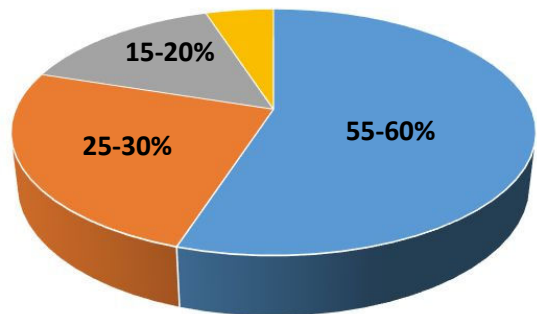
Nutrition: Reasons for having a balanced diet

A balanced diet contains lots of different types of food to provide the suitable nutrients required



Carbohydrates, protein, fats, vitamins and minerals, fibre and water

A Balanced Diet



■ Carbohydrates ■ Fats ■ Protein ■ Vitamins and Minerals

* Unused energy is stored as fat, which could cause obesity (particularly saturated fat)

* Suitable energy can be available for activity

* The body needs nutrients for energy, growth and hydration

Health, Fitness and Wellbeing

Energy use, diet, nutrition and hydration

Nutrition: The role of carbohydrates, fat, protein and vitamins & minerals

Carbohydrates are the main and preferred energy source for all types of exercise, of all intensities



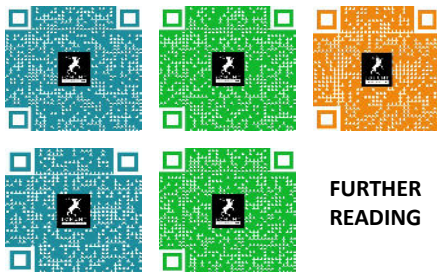
Fats are also an energy source. It provides more energy than carbohydrates but only at low intensity



Protein is for growth and repair of muscle tissue



Vitamins and minerals are for maintaining the efficient working of the body systems and general health



FURTHER
READING

Energy Use

Male
2500kcal/day

Female
2000kcal/day

Dependent upon:

- * Age
- * Gender
- * Height
- * Energy expenditure

Dehydration results in:

Blood thickening (increased viscosity), which slows blood flow

Increases in heart rate, heart has to work harder, irregular heart rate

Increase in body temperature, overheating

Slowing of reactions, increased reaction time, poorer decisions. Muscle fatigue and cramps

Reasons for maintaining water balance (hydration)

Water balance prevents dehydration