

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

Diet

Activity levels

Work/rest/sleep balance

Eating healthy		Eating unhealthy		Active lifestyle		Inactive lifestyle		Good balance		Poor balance						
1. Boosts energy levels	2. Reduces the risk of developing serious health conditions	3. Help lose weight	1. Leads to deficiencies	2. Increases weight and % body fat	3. Causes depression with poor body shape	1. Boosts self esteem	2. Reduces stress and anxiety	3. Improves fitness levels	1. Increases risk of disease	2. Decreases muscle mass, strength and energy levels	1. Improves mood	2. Increases productivity at work	3. Contributes to quality of sleep	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

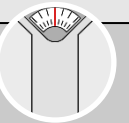
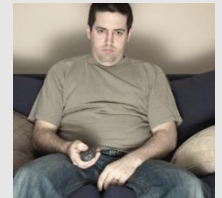


Liver problems

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



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Term	Definition/notes/concept

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Keywords: