

Health, Fitness and Wellbeing

Definitions

Health: A state of complete physical, mental and social wellbeing; not just the absence of disease or infirmity.

Fitness: A person's capacity to carry out physical activities without becoming fatigued.

Wellbeing: A feeling or mental state of being contented and healthy.

Sedentary: Inactive and spending a large amount of time sitting down.



Benefit	Examples
Physical	• Can prevent injury. For example, flexibility will help keeps joints moveable and stable. • Decreases the risk of heart disease. • Maintains and can increase bone density. • Prevents obesity. For example, body fat is burned during prolonged exercise. • Increasing fitness and improving/maintaining good posture.
Emotional	• Increases confidence and self-esteem. • Can improve management of stress.
Social	• Increases friendship group. • Offers a sense of belonging (club, team, community).

A **sedentary lifestyle** can have health, emotional and social disadvantages.

Can you think of some of the **physical, emotional and social consequences** of a sedentary lifestyle? One of each has been provided for you.

Physical	• Increased risk of injury. • Increased risk of heart disease and high blood pressure. • Low bone density. • Risk of obesity. • Poor levels of fitness and poor posture.
Emotional	• Decrease in confidence and self-esteem. • Increased levels of stress and lower chances of managing stress.
Social	• Smaller friendship group.

True or False

1 Health is defined as a state of complete physical, emotional and social wellbeing.

TRUE FALSE

2 Fitness is how the body's ability to perform sporting actions in competition.

TRUE FALSE

3 You increase the risk of injury if you live a sedentary lifestyle.

TRUE FALSE

4 Obesity can be a consequence of a sedentary lifestyle.

TRUE FALSE

5 Wellbeing is about being happy.

TRUE FALSE



Put a tick (✓) in the box next to the correct answers.

1. Which statement best describes health?
 - (a) A positive mental state of being happy and healthy.
 - (b) An inactive lifestyle spending long periods sitting down.
 - (c) A state of complete physical, emotional and social wellbeing.
 - (d) The ability to function efficiently and effectively.
2. Which of the following is not part of a healthy, balanced lifestyle?
 - (a) participating in regular sporting activity
 - (b) eating a balanced diet including all components
 - (c) drinking alcohol every day
 - (d) minimising stress
3. Which of the following is a benefit of physical activity and sport?
 - (a) reducing the risk of injury
 - (b) increasing the risk of injury
 - (c) leads to obesity
 - (d) poor posture
4. Feeling isolated is what type of consequence of living a sedentary lifestyle?
 - (a) emotional
 - (b) physical
 - (c) mental
 - (d) social

Turn the following sentences into PASSIVE VOICE:

- 1) A sedentary lifestyle **increases the risk of injury** (Simple Present)
The risk of injury is increased by a sedentary lifestyle.
- 2) Physical activity **prevents obesity**. (Simple Present)
- 3) They **developed a friendship group** at the club last year. (Simple Past)
- 4) Physical activity **will improve good posture and management of stress**. (Future Will)
- 5) Physical activity **decreases the risk of heart disease**. (Simple Present)
- 6) Tom **practiced regular sport** two years ago. (Simple Past)