

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	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Increases confidence and self-esteem.• Can improve management of stress.
Social	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">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	<ul style="list-style-type: none">Decrease in confidence and self-esteem.Increased levels of stress and lower chances of managing stress.
Social	<ul style="list-style-type: none">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)