PHYSICAL EDUCATION – Health, fitness and wellbeing

Trigger

depression

Increase

the likelihood

of cancer

Result in

obesity/being overweight

Lead to coronary heart disease



Health, fitness and well-being

Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

Fitness is the ability to meet the demands of the environment.

Reduce

life expectancy

Result in

osteoporosis

Wellbeing is the state of being comfortable, healthy and happy

A sedentary lifestyle is a type of lifestyle with little or no physical activity

Increase

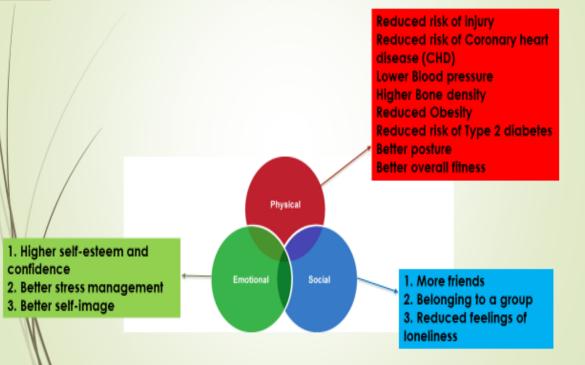
Unhealthy lifestyles may...

> Lead to Type 2 diabetes

stress

The benefits of physical activity for physical, social and emotional

Benefits of physical activity



Balanced Diet

Result in

more falls in

older people

Create poor muscle tone and posture

Example Deciding sector Mast area suto. Fish hytter sile A.D. Cand D	Component	Carbohydrates	Protein	Fats	Vitamins	Minerals	Fibre	Water
Example Bread, rice, pasta Meat, eggs, nuts Fish, butter, olis A, B, C and D Calcium and Iron Cereals	Example	Bread, rice, pasta	Meat, eggs, nuts	Fish, butter, oils	A, B, C and D	Calcium and Iron	Cereals	2-3 litres per day

Homework 1: Name the componenents of a healthy and physical lifestyleHomework 3: Define health, fitness and wellbeingHomework 2: Name the components of a healthy dietHomework 4: Name the benefits of physical activity