

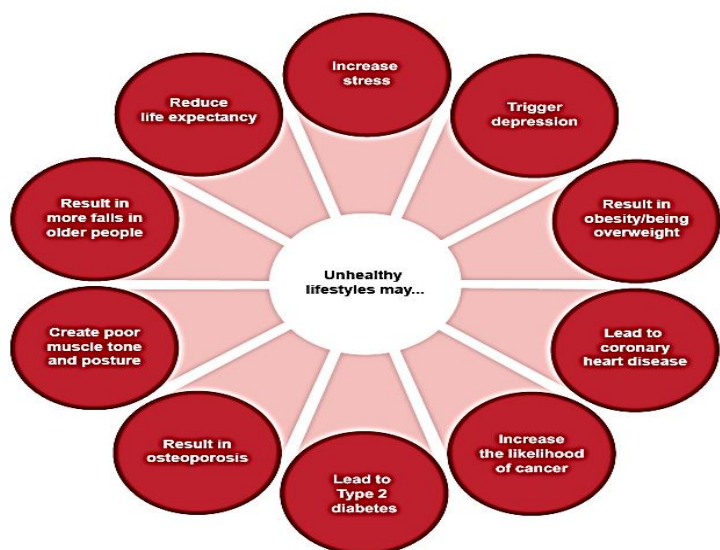
Health, fitness and well-being

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

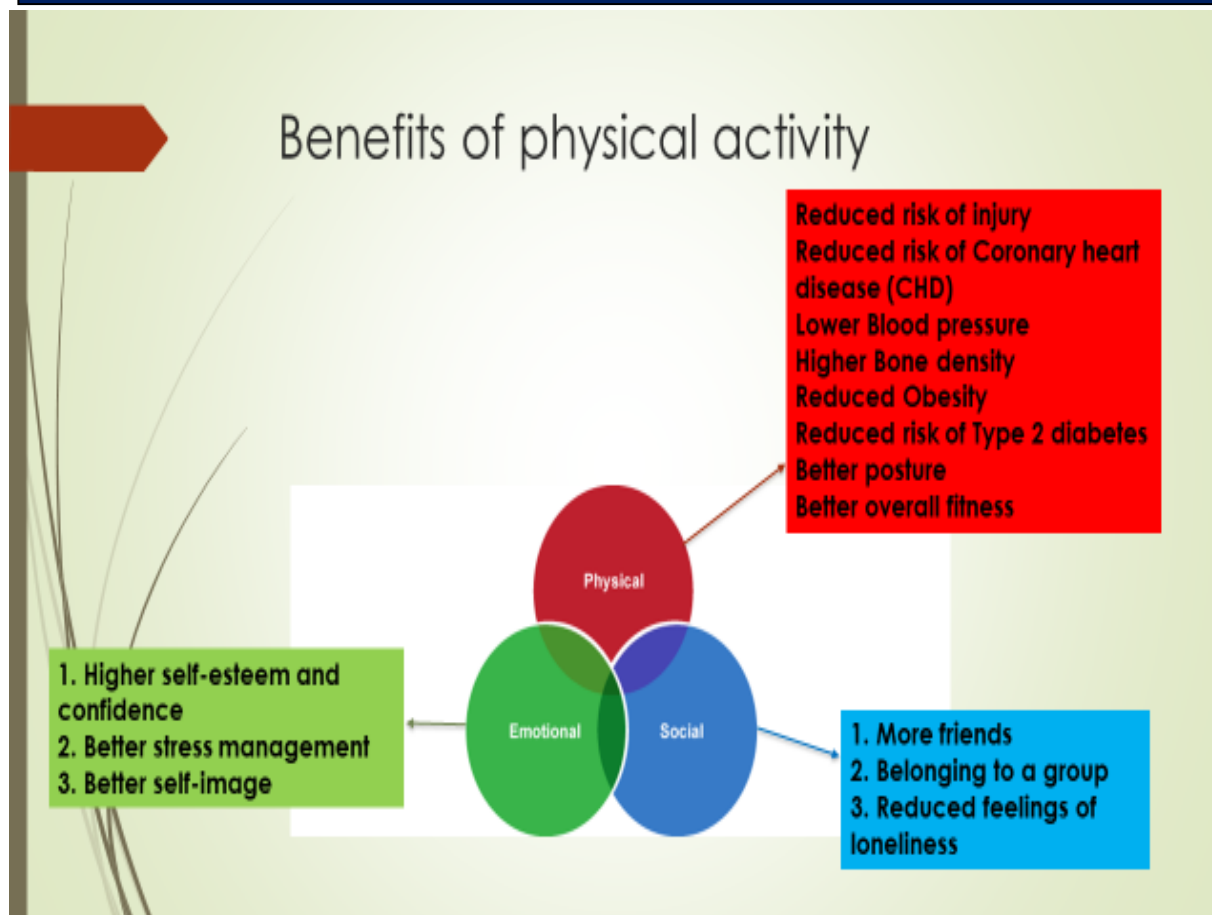
Fitness is the ability to meet the demands of the environment.

Wellbeing is the state of being comfortable, healthy and happy

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



The benefits of physical activity for physical, social and emotional



Balanced Diet

Component	Carbohydrates	Protein	Fats	Vitamins	Minerals	Fibre	Water
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 components of a healthy and physical lifestyle

Homework 2: Name the components of a healthy diet

Homework 3: Define health, fitness and wellbeing

Homework 4: Name the benefits of physical activity