

# Health, fitness and a healthy active lifestyle

# Components of fitness

- In small groups can you match the definitions to the component of fitness?

Component of fitness or Skill-Related factors of fitness??

What are good to know?  
- How to measure fitness  
- How to measure health  
- How to measure lifestyle



Create a spider diagram about leading a healthy active lifestyle?  
- Good exercise habits  
- Benefits to be gained  
- Durability and effects

# Health, fitness and a healthy active lifestyle

## What you need to know?

What does being healthy consist of?

What are the differences between health and fitness?

How are health and fitness related?

To identify each component of both related and health related fitness



Discuss what being in good health means?

- Write down 3 ways in which you can be 'healthy' and come up with a definition for 'health'.



What does physical health mean to you?

What does social health mean to you?

What does mental health mean to you?



## Healthy Active Lifestyle

What are the links between health and fitness?

Fitness: good health as good condition, especially as the result of exercise and proper nutrition

Exercise: activity that requires physical or mental exertion, especially when performed to develop or maintain fitness.

## Create a spider diagram about leading a healthy active lifestyle?

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*Health is....*

*"A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity"*

World Health Organisation

*Does this sound like your definition?*



## *Health is....*

"A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity"

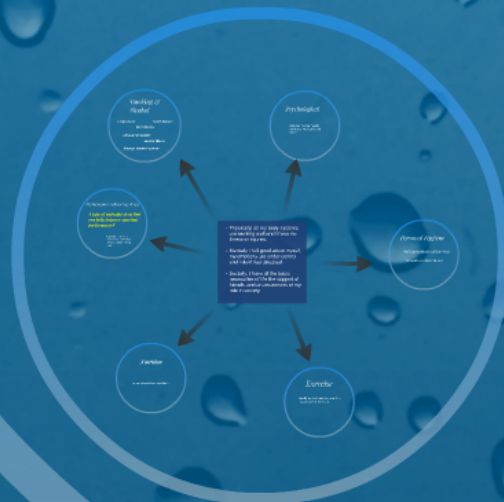
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*Does this sound like your definition?*

What does physical health mean to you?

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### Mr. Farrer's Health Test

How many illnesses AND injuries have you had in the last 6 months?

1 mark for a minor illness or injury (cough, cold)

2 marks for a more major one (broken leg)

Give yourself ONE mark for a 'NO' answer:

- Are you happy with the way you look?
- Do you get enough sleep? (BHPN)
- Do you eat healthily? (No junk food, fruit, veg.)
- Do you become stressed or feel pressured easily?
- Are you a laid back, easy going person?

Again, ONE mark for a 'no' answer...

- Are you happy with your social life?
- Do you feel like you can rely on the support of your friends?
- Are you generally happy at school?
- In the coming years do you see yourself achieving something grand & productive?

### Smoking & Alcohol

Lung cancer      heart disease  
liver disease  
chronic bronchitis      mental illness  
damage immune system

### Psychological

Includes mental health, emotional wellbeing and stress.

### Performance enhancing drugs

*A type of unlawful drug that can help improve sporting performance?*

Can you think of a recent example of an athlete caught taking them?

- Physically, all my body systems are working well and I have no illness or injuries.
- Mentally I feel good about myself, my emotions are under control and I don't feel stressed.
- Socially, I have all the basic necessities of life the support of friends, and an awareness of my role in society.

### Personal Hygiene

- Washing regularly (athletes foot)  
- Cleanliness (clean kit etc).

### Nutrition

Eating a healthy balanced diet.....

### Exercise

Health related exercise and the importance of exercise.



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Are you a laid back, easy going person?

Again, ONE mark for a 'no' answer...

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Are you generally happy at school?

In the coming years do you see yourself achieving something good & productive?

# *Healthy Active Lifestyle*

What are the links between health and fitness?

**Fitness: good health or good condition, especially as the result of exercise and proper nutrition**

**Exercise: activity that requires physical or mental exertion, especially when performed to develop or maintain fitness.**



*Create a spider  
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