

# Health, Fitness and Wellbeing

## Sedentary lifestyle

### Definition:

A person's choice to engage in little or irregular physical activity

Sedentary Lifestyles



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### Possible consequences of a sedentary lifestyle:

- weight gain/obesity
- heart disease
- diabetes
- poor self-esteem

## Somatotypes

### Ectomorph (thin)

- ✓ Low muscle mass
- ✓ Low body fat %

High jumper

### Mesomorph (muscular)

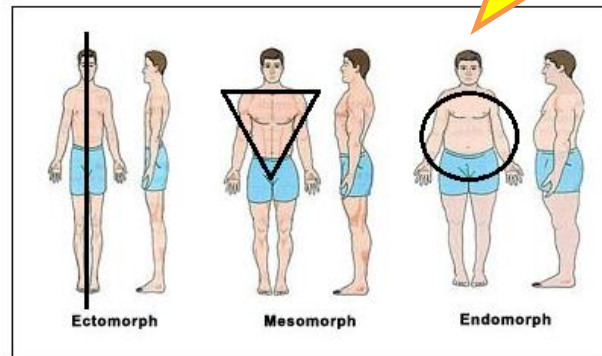
- ✓ High muscle mass
- ✓ Low body fat %

100m sprint

### Endomorph (dumpy)

- ✓ Low muscle mass
- ✓ High body fat %

Sumo wrestler



## Diet and nutrition

### Carbohydrates

- ❖ Provide the body with energy
- ❖ 55-60% of a balanced diet should come from carbohydrates



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### Water

- ❖ Keeps the body hydrated
- ❖ You should drink water before, during and after exercise

