

# 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 sleep
- poor self-esteem
- lethargy

## Somatotypes

### Ectomorph (thin)

- ✓ Low muscle mass
- ✓ Low body fat %
- ✓ Tall and thin

High jumper

### Mesomorph (muscular)

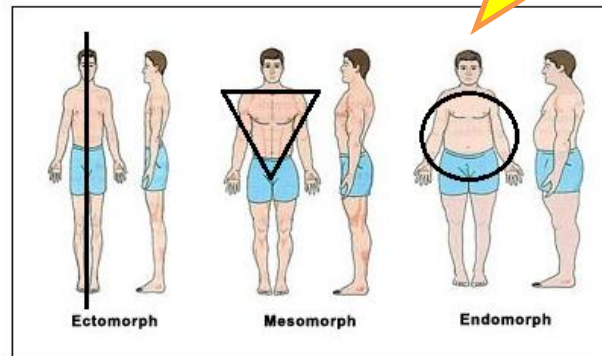
- ✓ High muscle mass
- ✓ Low body fat %
- ✓ Triangle shape - wide shoulders/narrow hips

100m sprint

### Endomorph (dumpy)

- ✓ Low muscle mass
- ✓ High body fat %
- ✓ Round body shape

Sumo wrestler



## Diet and nutrition

### Carbohydrates

- ❖ Provide the body with slow releasing energy
- ❖ Breads, pasta, rice

### Proteins

- ❖ Help with muscle growth and repair
- ❖ Chicken, eggs, fish

### Fats

- ❖ Another energy source for the body (low intensity)
- ❖ Avocado, oil, nuts

### Water

- ❖ Keeps the body hydrated
- ❖ Water should be consumed before, during and after exercise
- ❖ Prevents dehydration