

## SEDENTARY LIFESTYLE

**Definition** of a sedentary lifestyle:

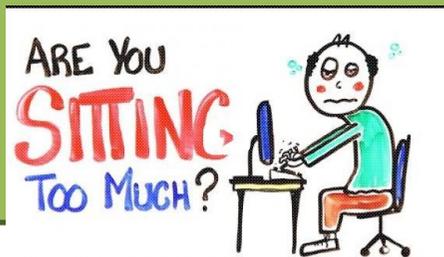
- A lifestyle with NO physical activity or irregular physical activity

What **consequences** might happen because of a sedentary lifestyle?

- Heart disease
- Type 2 diabetes
- Obesity
- Poor Sleep (Brain and body won't get enough rest and recovery)
- Low self-esteem
- Lethargy

Recommendations to avoid some of these consequences:

- Regular walking (to and from school/work, walking the dog etc.)
- Join a sports club outside of school/work
- Joining a gym



# Health, Fitness & Well-being Mr Lingard

## SOMATOTYPES

**Endomorph** - 'd' for 'dumpy'. - (Sporting example: Sumo Wrestler - Why... -To use the extra weight to take their opponent out of the area)

**Mesomorph** - 'M' for 'muscles' - (Sporting example: 100 meter sprinter Why... -To use the POWER from their muscles with every stride)

**Ectomorph** - 't' for 'tall and thin' - (Sporting example: High jumper Why... - To jump as high as possible carrying very little weight over the pole)

## OBESITY

Obesity is the state of being grossly fat or overweight

Being obese has many negative effects on performance such as:

- limits cardiovascular fitness
- reduces flexibility
- limits agility
- reduces speed and power



## NUTRITION

### 1. CARBOHYDRATES (55-60% of diet)

Why do we need these?

- They are our main supply of energy when we exercise!

Found in?

- Pasta, Bread, Rice, Potatoes

### 2. PROTEIN (15-20% of diet)

Why do we need these?

- They build and repair muscle tissue

Found in?

- Chicken, eggs, fish, beans

### 3. FATS (25-30% of diet)

Why do we need these?

- Also an energy source. They provide more energy than carbohydrates but only at low intensity

Found in?

- Whole milk, butter, cheese

### 4. WATER (H<sub>2</sub>O)

Why do we need this?

- It keeps us hydrated! (Stops us from becoming dehydrated when we exercise)

Where can we find it?

- WATER! We can take bottled water with us when we exercise.