

SEDENTARY LIFESTYLE

Definition of a sedentary lifestyle:

- A lifestyle with NO physical activity or physical activity that doesn't happen very often.

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

- Heart disease
- Type 2 diabetes
- Obesity (extreme weight gain)
- Poor Sleep (Brain and body won't get enough rest and recovery)
- Low self-esteem (feel rubbish about yourself)

Obesity occurs when

It can have limitations on your;

Cardiovascular endurance (how long you can keep going)

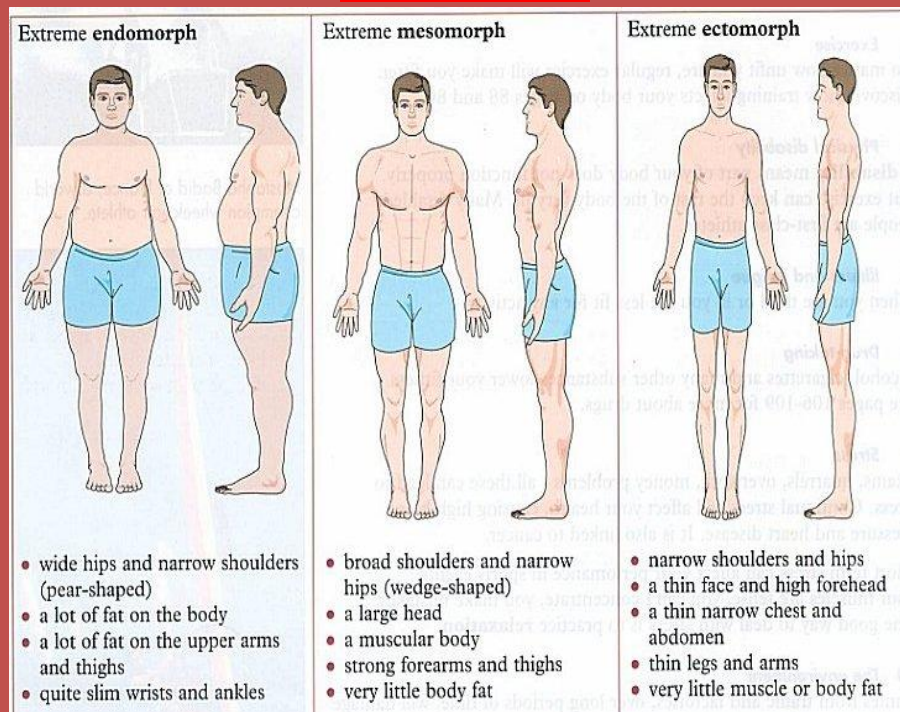
Speed (How fast you get from one place to another)

Agility (ability to change direction at speed)

How can these affect your sporting performance?

HEALTH AND FITNESS Miss Buckle

SOMATOTYPES



Endomorph - 'd' for 'dumpy'. - (Sporting example: Sumo Wrestler)

Mesomorph - 'M' for 'muscles' - (Sporting example: 100 meter sprinter)

Ectomorph - 't' for 'tall and thin' - (Sporting example: High jumper)

NUTRITION

We have focused on 2 different nutrients that we need in our diet.

1. CARBOHYDRATES

Why do we need these?

- They are our main supply of energy when we exercise! (they keep us going)

What kind of foods can we find these in?

- Pasta, Bread, Rice, Potatoes



2. WATER (H2O)

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.

What happens if we get dehydrated?

- Muscle fatigue (tiredness)
- Increase in body temperature
- Poorer decision making