

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?

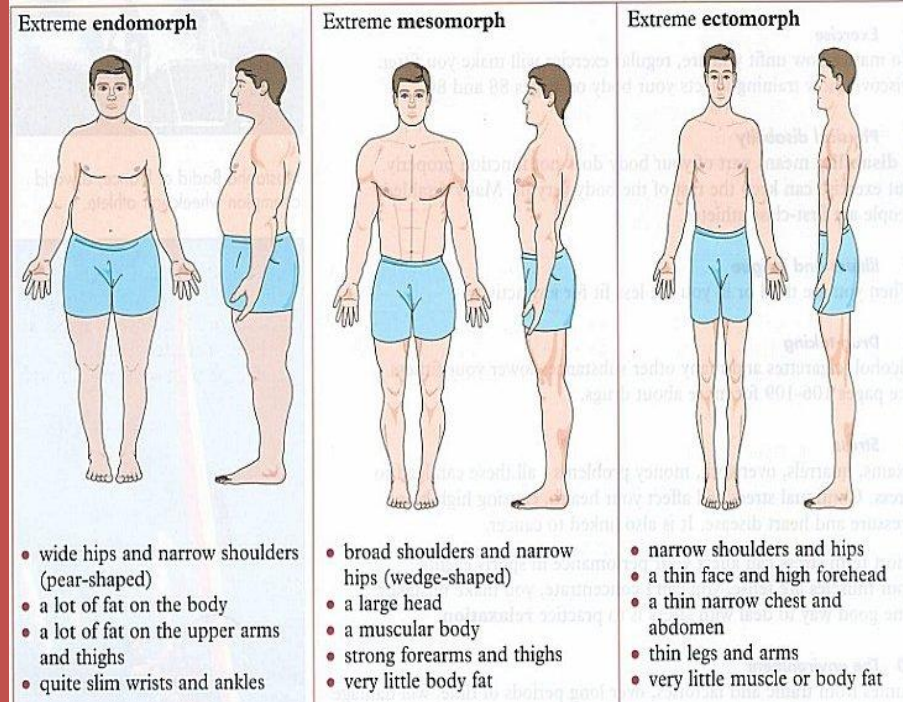
- Heart disease
- Type 2 diabetes
- Obesity (extreme weight gain)
- Poor Sleep (Brain and body won't get enough rest and recovery)
- Low self-esteem (feel rubbish about yourself)
- Lethargy (your body feels/looks 'lethargic'/tired)

ARE YOU
SITTING
Too Much?



Health, Fitness and Well-being Mr Lingard

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

1. CARBOHYDRATES

Why do we need these?

Supply our body with energy when we exercise! (they keep us going)

What kind of foods can we find these in?

Pasta, Bread, Rice, Potatoes

2. FATS

Why do we need these?

They are another source of energy. Provided at low intensity exercise.

What kind of foods can we find these in?

Whole milk, cheese, butter

3. PROTEIN

Why do we need these?

It builds and repairs muscle tissue

What kind of foods can we find these in?

Chicken, eggs, fish

4. WATER (H₂O)

Why do we need this?

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