

SEDENTARY LIFESTYLE

Definition of a sedentary lifestyle:

- A lifestyle with NO physical activity or irregular physical activity

Reasons why we exercise

- Improve fitness
- Improve heart function
- Reduces chance of injury

What consequences might happen because of a sedentary lifestyle?

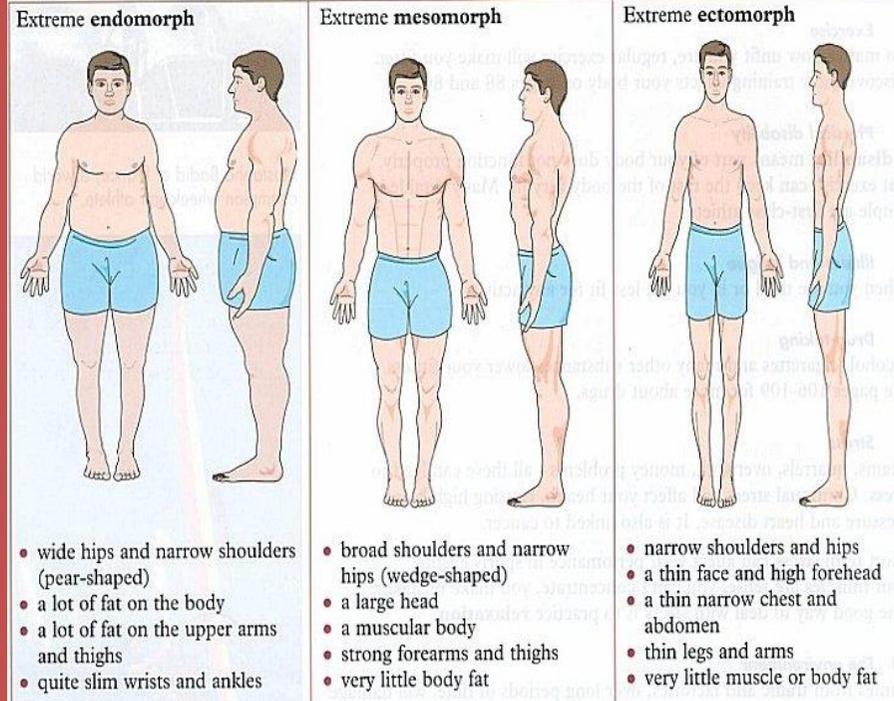
- Heart disease
- Type 2 diabetes
- Obesity
- Poor Sleep (Brain and body won't get enough rest and recovery)
- Low self-esteem
- Lethargy

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 AND FITNESS Mrs Buckle Higher

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)

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!

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)

What happens if we get dehydrated?

- Muscle fatigue
- Increase in body temperature
- Poorer decision making

Remember!!

Link a somatotype to a sporting activity and say how it would help

Know what a balanced diet is and how it can help performance

If you can say 'SO WHAT' at the end of your sentence, put more detail in.

Obesity

Obesity occurs when

It can have limitations on your:

Cardiovascular endurance

Speed

Agility

Flexibility

How can these affect your sporting performance?