

Health, Fitness and Wellbeing - Year 8 MI

Sedentary lifestyle

Definition:

A person's choice to engage in little or irregular physical activity

Sedentary Lifestyles



Rodolfo Brandon Bernardino and Chris Wilson

Possible consequences of a sedentary lifestyle:

- weight gain/obesity
- heart disease
- diabetes
- poor self-esteem

Somatotypes

Ectomorph (thin)

- ✓ Low muscle mass
- ✓ Low body fat %

High jumper

Mesomorph (muscular)

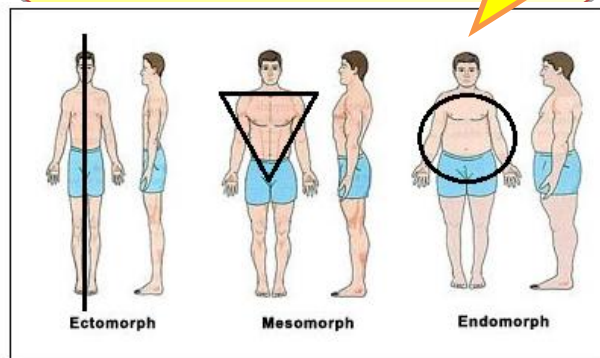
- ✓ High muscle mass
- ✓ Low body fat %

100m sprint

Endomorph (dumpy)

- ✓ Low muscle mass
- ✓ High body fat %

Sumo wrestler



Diet and nutrition

Carbohydrates

- ❖ Provide the body with energy
- ❖ 55-60% of a balanced diet should be from carbohydrates



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Water

- ❖ Keeps the body hydrated
- ❖ You should drink water before, during and after exercise