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?

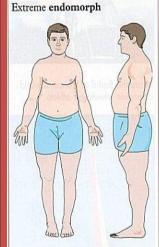
- Heart disease
- Type 2 diabetes
- Obesity (extreme weight gain)
- Poor Sleep (Brain and body won't get enough rest and recovery)
- Low self-esteem (feel rubbish about yourself)
- Lethargy (your body feels/looks 'lethargic'/tired)





SOMATOTYPES

Extreme mesomorph

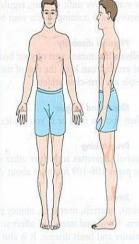


- wide hips and narrow shoulders (pear-shaped)
- a lot of fat on the body
- · a lot of fat on the upper arms and thighs
- · quite slim wrists and ankles



- · broad shoulders and narrow hips (wedge-shaped)
- a large head
- a muscular body
- · strong forearms and thighs
- verv little body fat

Extreme ectomorph



- · narrow shoulders and hips
- · a thin face and high forehead
- · a thin narrow chest and abdomen
- thin legs and arms
- · very little muscle or body fat

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 (H20)

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.