

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)

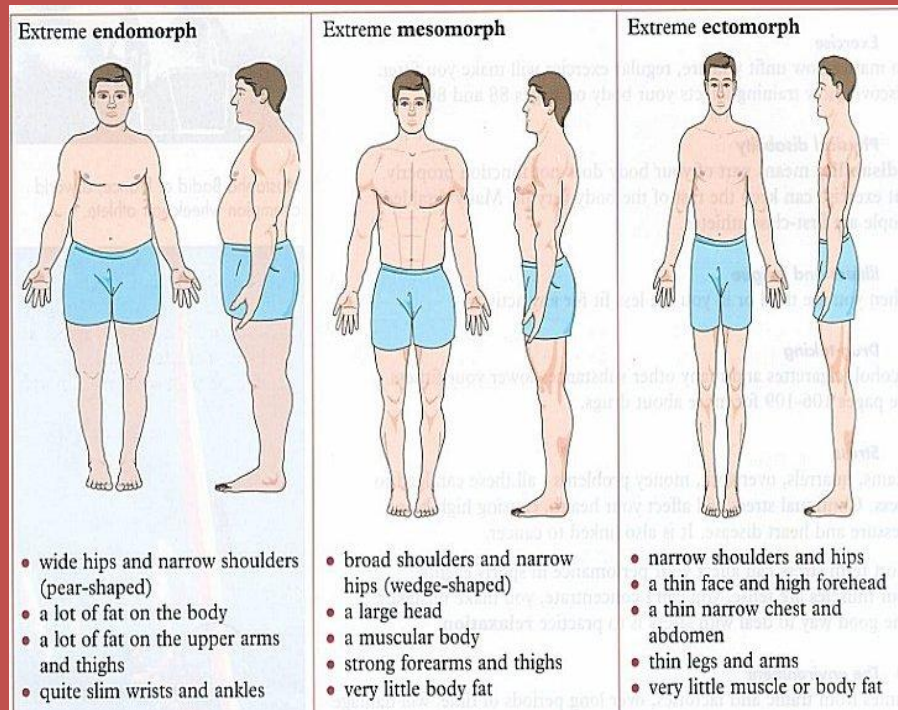
ARE YOU
SITTING
Too Much?



HEALTH AND FITNESS

Mrs Smith Yr 9

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.

