

# HEALTH AND FITNESS Year 9 Higher

## SEDENTARY LIFESTYLE

**Definition** of a sedentary lifestyle:

- A lifestyle with NO physical activity or irregular physical activity

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:

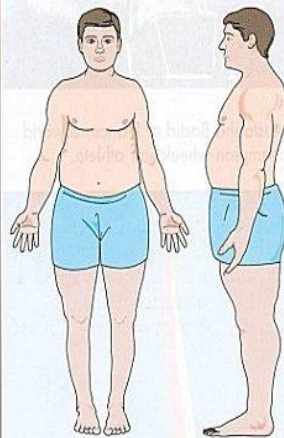
- Regular walking (to and from school/work, walking the dog etc.)
- Join a sports club outside of school/work
- Joining a gym

ARE YOU  
**SITTING**  
Too Much?



## SOMATOTYPES

Extreme endomorph



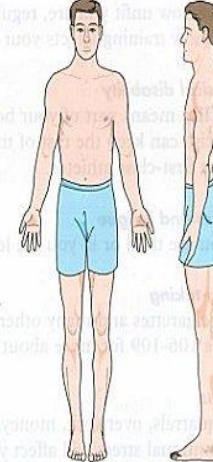
- wide hips and narrow shoulders (pear-shaped)
- a lot of fat on the body
- a lot of fat on the upper arms and thighs
- quite slim wrists and ankles

Extreme mesomorph



- broad shoulders and narrow hips (wedge-shaped)
- a large head
- a muscular body
- strong forearms and thighs
- very 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 - 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! (Very good for long distance athletes who need to work for a long time)

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.

