

The relationship between health and fitness



UNTAMED
EDUCATION

1.3.1 Physical training

Well-being

Physical

Mental

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Social

Health

Fitness

Performance



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1. Health

"Health is a state of complete physical, mental and social well-being"

—World Health Organisation (WHO)

There are four components of health and well-being:

- ▶ _____ health.
- ▶ _____ health.
- ▶ _____ health.
- ▶ _____ and _____.



2. Fitness

"Fitness is the ability to meet the demands of the environment."

- ▶ Everything that you experience and surrounds you is your _____. Home, school, commuting, sports, hobbies, meeting friends, shopping and housework.

3. Relationship between health and fitness

To be **healthy**, we must be _____ and to be fit we must _____.

However, that is not the complete picture, for example:

- ▶ **Fitness** only focuses on your physical ability and you may be _____ in other aspects of your life i.e. illness or pain.
- ▶ **Emotional health** is also important to your health. **Exercise** and performance can be _____ and impact on your health.
- ▶ **Social health** also contributes to our health and if you exercise **on your** _____ then this aspect does not develop.
- ▶ **Fitness** _____ if we are **unhealthy** and unable to exercise.





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4. Exercise and Performance

- ▶ **Exercise** is any activity that involves _____ **movement**.
- ▶ Exercise improves _____, and
_____.
- ▶ The **fitter** you become the more able you are to **perform**.

