

Physical, emotional & social health and fitness & well-being



UNTAMED
EDUCATION

2.1.1 Health, fitness and well-being

Physical

Social

Mental

Well-being

Physical, emotional and social health, fitness and well-being

Health

Emotional

Lifestyle

Fitness



1. Health

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

—World Health Organisation (WHO)

To understand this definition we need to consider the following:

- ▶ **Physical health.**
- ▶ **Emotional health.**
- ▶ **Social health.**



2. Physical health

1. Physical activity has physical health and well-being effects:

- ▶ All their **body systems** work well.
- ▶ Improved **heart** function.
- ▶ Reduced risk of injuries and illnesses.
- ▶ They are able to carry out **everyday** physical tasks.
- ▶ Avoid **obesity**.

2. Being physically well can help performance in the following ways:

- ▶ All **body systems work well**.
 - ▶ Efficient **gas exchange** at the lungs.
 - ▶ Heart delivers oxygen and nutrients to the working muscles.
 - ▶ Circulatory system regulates the temperature.
- ▶ Free from **illness** so they can continue to train.
- ▶ Free from **injury**.

3. We use **fitness components** to increase our physical health. Here is a reminder of what they are:

- ▶ **Cardiovascular endurance**
- ▶ **Strength**





Physical, emotional & social health and fitness and well-being

- ▶ Muscular endurance
- ▶ Power
- ▶ Flexibility
- ▶ Speed
- ▶ Agility
- ▶ Balance
- ▶ Co-ordination
- ▶ Reaction time
- ▶ Body composition



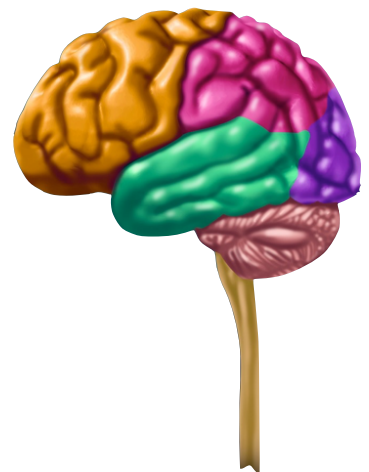
3. Emotional health

1. People who are emotionally or mentally well display the following:

- ▶ They are able to **cope** with stress.
- ▶ They can **control** their emotions.
- ▶ They feel good and **confident** about themselves.

2. **Poor** emotional health may affect performance in the following ways:

- ▶ When situations go against them they can become **emotional**.
- ▶ Being **unhappy** can cause poor performance.
- ▶ Poor **sleep** patterns result in higher fatigue.
- ▶ Low **confidence** means they are less inclined to be creative and take risks.
- ▶ Low **concentration** and alertness makes mistakes more likely.
- ▶ Low **motivation**.



3. Physical activity **promotes emotional health** in the following ways:

- ▶ Exercising releases **endorphins** which are the hormones that make us happy.
- ▶ You'll feel more **energetic**.



Physical, emotional & social health and fitness and well-being

- ▶ Feeling healthier boosts **confidence**.
- ▶ Exercise has been linked to **brain cell production** and this can reduce the risk of age related diseases such as **dementia**.

4. Social health

1. People who are socially well display the following:

- ▶ They have **essential human needs** such as clothing, food and shelter.
- ▶ They have **friendship** and support.
- ▶ They can mix with others.
- ▶ They have some **value** in society.

2. Being socially well can help performance in the following ways:

- ▶ Able to form good **friendships** with team mates.
- ▶ They have friendship and support so the athlete is able to focus on their performance.
- ▶ They feel valued in society so **feel** confident.
- ▶ They develop social skills such as co-operation.
- ▶ Provides social **activities**.



3. **Physical activity** helps promote social health in the following ways:

- ▶ Provides a platform to form good friendships with **team mates**.
- ▶ Promotes friendship and **support**.
- ▶ They feel valued in society and this increases **confidence**.
- ▶ They develop **social skills** such as co-operation.
- ▶ When people working towards a **common goal** they develop teamwork skills.

5. Healthy checklist

- ▶ To be healthy and fit a person needs the following:
 - ▶ A healthy **lifestyle**.



Physical, emotional & social health and fitness and well-being

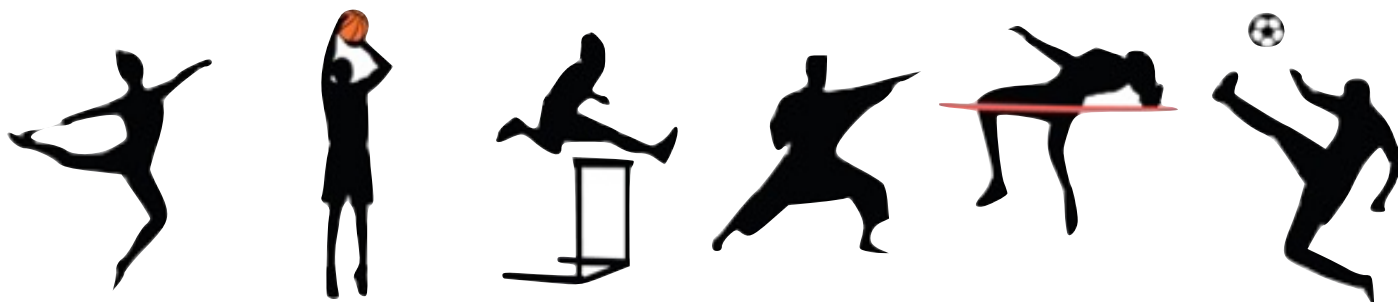
- ▶ A balanced **diet**.
- ▶ A well designed Personal Exercise Programme (**PEP**)
- ▶ Avoid **drugs, smoking, alcohol** and **pollution**.
- ▶ **Sleep**.
- ▶ Enjoyment and **fun**.
- ▶ Good personal **hygiene**.

6. Fitness

“Fitness is the ability to meet the demands of the environment.”

Being fit:

- ▶ improves physical health.
- ▶ improves emotional health.
- ▶ improves social health.



Positive effects of being fit

- ▶ Assists in maintaining **optimum body weight** and reduces the risk of obesity related diseases.
- ▶ Improves **sleep**.
- ▶ Boosts **confidence** and **happiness**.
- ▶ Improves the **immune** system and musculoskeletal systems reducing the risk of **illness** and injury.
- ▶ Able to **recover** from exercise quickly.
- ▶ Able to complete **daily tasks** more easily.



Physical, emotional & social health and fitness and well-being

Negative effects of being fit

- ▶ Some people become **addicted** to exercise which can lead to overtraining injuries (tennis and golfer's elbow).
- ▶ Can cause body **dysmorphia** (obsession with body shape and size).
- ▶ Some negative **bone conditions** can be caused from overtraining (osteoarthritis and osteoporosis)
- ▶ Some soft tissue **injuries** can develop when individuals do not rest.



7. Lifestyle choices

Lifestyle choices include:

- ▶ Diet
- ▶ Activity levels
- ▶ Work
- ▶ Rest
- ▶ Sleep balance

8. Diet

A healthy diet will:

- ▶ Boost **energy** levels.
- ▶ Reduce the risk of **obesity** related diseases such as Type II diabetes.
- ▶ Improve **emotional** health.

A poor diet will:

- ▶ Cause **mood** swings and decrease emotional health.
- ▶ Lead to nutrient **deficiencies** and related diseases.
- ▶ Impact sleep and **concentration** levels.





9. Activity levels

Maintaining an active lifestyle will:

- ▶ Reduce the risk of sedentary related **diseases**.
- ▶ Reduce feelings of **anxiety** and **stress**.
- ▶ Improve **confidence** and fitness.

Leading an inactive life will:

- ▶ Reduce confidence and self-esteem.
- ▶ Increase the risk of certain **diseases**.
- ▶ Make everyday tasks more **difficult**.



10. Work, rest and sleep

It is important to **balance** your work, rest and sleep.

A good work, rest and sleep balance will:

- ▶ Lead to increased **productivity** at work.
- ▶ Improve physical, emotional and social **health**.
- ▶ Reduce **anxiety** and improve feelings of calm and control.
- ▶ Lead to better lifestyle **choices**.

A poor work, rest and sleep balance will:

- ▶ **Decrease** physical, emotional and social health.
- ▶ Lead to **poor** lifestyle choices.
- ▶ Increase the risk of **obesity**.



11. Recreational drugs

Smoking

- ▶ Contains harmful components such as **nicotine**, **tar** and **carbon monoxide**.
- ▶ Smoking for long periods of time can result in **heart** disease, lung and mouth **cancer**, **emphysema** and **bronchitis**.



Physical, emotional & social health and fitness and well-being

Alcohol

- ▶ Not **harmful** in small amounts but large consumption over a long period of time can cause large health concerns.
- ▶ It can cause problems with **co-ordination**, aggression and lowers the level of **glycogen** in the muscles. More serious drinkers are at risk of **kidney** and **liver** damage.