

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



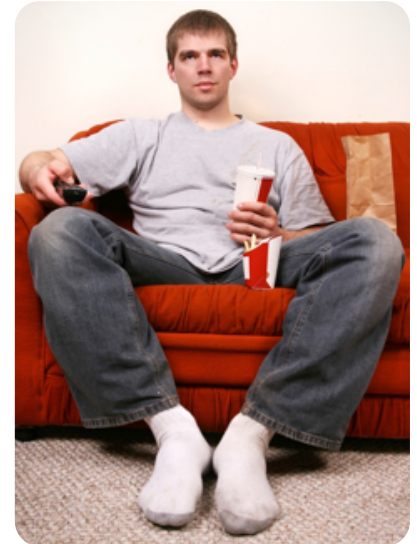
1. Health

“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:

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



2. Physical health

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

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

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

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

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

- ▶ _____ endurance
- ▶ _____





- ▶ Muscular _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ _____
- ▶ Co-_____
- ▶ Reaction _____
- ▶ Body _____



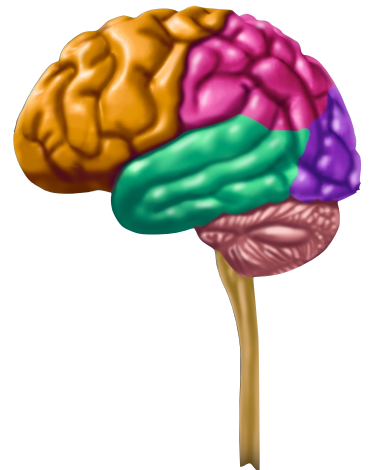
3. Emotional health

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

- ▶ They are able to _____ with stress.
- ▶ They can _____ their emotions.
- ▶ They feel good and _____ about themselves.

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

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



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

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



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

4. Social health

1. People who are socially well display the following:

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

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

- ▶ Able to form good _____ 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 _____.



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

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

5. Healthy checklist

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



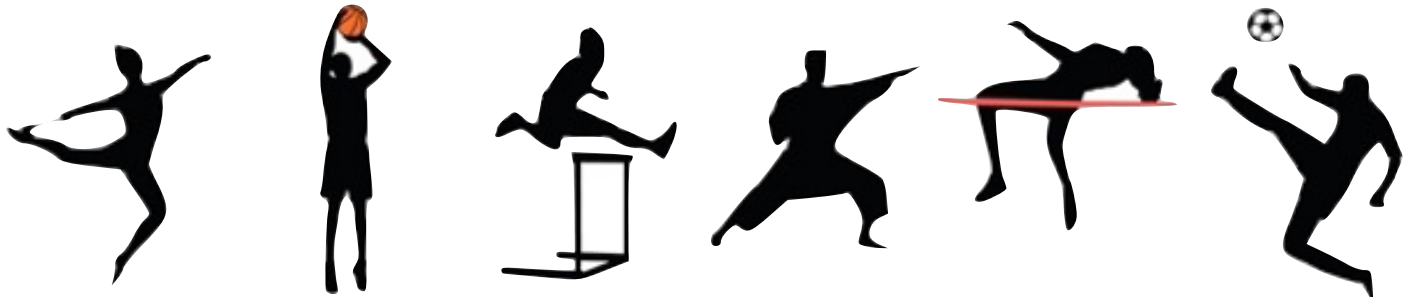
- ▶ A balanced _____.
- ▶ A well designed Personal Exercise Programme (_____)
- ▶ Avoid **drugs**, **smoking**, **alcohol** and _____.
- ▶ _____.
- ▶ Enjoyment and _____.
- ▶ Good personal _____.

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** _____ and reduces the risk of obesity related diseases.
- ▶ Improves **sleep**.
- ▶ Boosts **confidence** and _____.
- ▶ Improves the _____ system and musculoskeletal systems reducing the risk of **illness** and injury.
- ▶ Able to **recover** from exercise quickly.
- ▶ Able to complete **daily** _____ more easily.



Negative effects of being fit

- ▶ Some people become _____ to exercise which can lead to overtraining injuries (tennis and golfer's elbow).
- ▶ Can cause body _____ (obsession with body shape and size).
- ▶ Some negative **bone** _____ can be caused from overtraining (osteoarthritis and osteoporosis)
- ▶ Some soft tissue _____ 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 _____ levels.
- ▶ Reduce the risk of _____ related diseases such as Type II diabetes.
- ▶ Improve **emotional** health.

A poor diet will:

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



9. Activity levels

Maintaining an active lifestyle will:

- ▶ Reduce the risk of sedentary related _____.
- ▶ 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 _____.



10. Work, rest and sleep

It is important to _____ your work, rest and sleep.

A good work, rest and sleep balance will:

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

A poor work, rest and sleep balance will:

- ▶ _____ physical, emotional and social health.
- ▶ Lead to _____ lifestyle choices.
- ▶ Increase the risk of _____.



11. Recreational drugs

Smoking

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



Alcohol

- ▶ Not _____ 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 _____ in the muscles. More serious drinkers are at risk of _____ and _____ damage.