

The consequences of sedentary lifestyle



UNTAMED
EDUCATION

2.2.1 Health, fitness and well-being

Health

Obesity

Sedentary Lifestyle

Overweight

The consequence of a sedentary lifestyle

Body Mass Index

Physique

Disease

Over Fat

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1. Sedentary lifestyle

- ▶ This is a lifestyle with irregular exercise or none at all.
- ▶ Due to an increase in _____ and entertainment many are choosing to stay at home and watch the **television** rather than playing sport. This is called the “**couch potato**” syndrome.
- ▶ Technological advances have reduced the amount of physical exertion required in a number of jobs.
- ▶ Many current professions require workers to sit at _____ rather than move around.
- ▶ _____ **chores** are easier due to the introduction of washing machines, dish washers and vacuum cleaners.



2. Consequences of sedentary lifestyle

- ▶ **Weight gain** which can lead to obesity.
- ▶ **Heart** _____.
- ▶ _____.
- ▶ _____.
- ▶ **Poor** _____.
- ▶ Poor **self-**_____.
- ▶ _____.

3. Body Mass Index (BMI)

- ▶ BMI is a measure of a person's body composition. The **equation** is:

$$\frac{\text{Weight}}{\text{Height}^2}$$

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The higher the BMI, the more body fat. This calculation can, however, be inaccurate for certain individuals such as:

- ▶ **Muscular** _____.
- ▶ _____ **women**.
- ▶ _____ **people**.

Body mass index can be used in a number of ways by a performer.

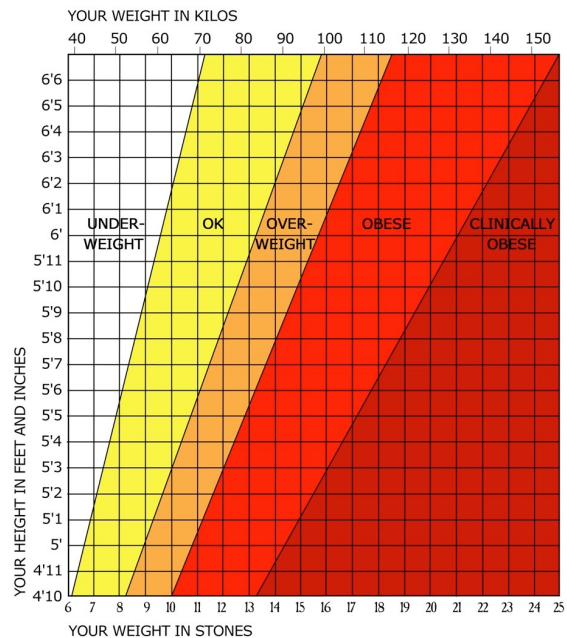
- ▶ Indicates _____ levels.
- ▶ Allows them to see if they need to lose weight.
- ▶ They can compare their score against the norm.
- ▶ A score between **18-25** indicates a desirable BMI.
- ▶ A score over **25** indicates being _____.
- ▶ A score over **30** indicates _____ and is a health risk.
- ▶ A score over **40** indicates a _____ health risk.

4. Obesity

Obesity can affect a person's performance and their health.

1. Performance

- ▶ Decreases _____ and cardiovascular endurance.
- ▶ Decreases _____.
- ▶ Decreases **speed** and _____.
- ▶ Decreases _____.



BODY MASS INDEX (BMI) CALCULATION

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2. Physical ill health

- ▶ Increases the risk of **high** _____ **pressure**.
- ▶ Increases the risk of _____ **disease** and heart attacks.
- ▶ Increases the risk of **Type II** _____.
- ▶ **Poor** _____ and loss of **muscle** _____.
- ▶ Increased risk of _____.



3. Mental ill health

- ▶ Increases the risk of _____.
- ▶ May result in a loss of _____.

4. Social ill health

- ▶ May result in a lack of _____.
- ▶ Morbidly obese people may find it hard to leave the house.

5. Graphical interpretation and analysis

- ▶ Describe the trend of childhood obesity in the different nations.

INCREASING NUMBER OF OVERWEIGHT CHILDREN AROUND THE WORLD

