

The relationship between health and fitness



UNTAMED
EDUCATION

2.1 Health, fitness and training

Well-being

Physical

Mental

The relationship between health and fitness

Social

Fitness

Health



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1. Health

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease and infirmity"

—World Health Organisation (WHO)

To understand this definition we need to consider the following:

- ▶ **Physical health and well-being.**
- ▶ **Mental health and well-being.**
- ▶ **Social health and well-being.**
- ▶ **Health and Fitness.**



2. Physical well-being

People who are physically well display the following:

- ▶ All their **body systems work well.**
- ▶ They are **free from injuries and illnesses.**
- ▶ They are able to **carry out everyday physical tasks.**

Being **physically well** can help performance in the following ways:

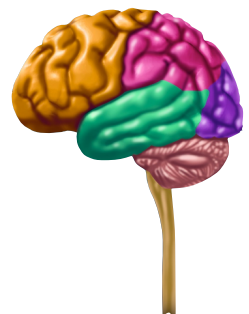
- ▶ All **body systems work well.**
 - ▶ **Efficient gas exchange** at the lungs.
 - ▶ **Heart delivers oxygen** and nutrients to the working muscles.
 - ▶ Circulatory system **regulates the temperature.**
 - ▶ **Free from illness** so they can continue to train.
 - ▶ **Free from injury.**



3. Mental well-being

People who are **mentally well** display the following:

- ▶ They are able to **cope with stress.**
- ▶ They can **control their emotions.**





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- ▶ They **feel good and confident** about themselves.
- ▶ Physical activity promotes mental well-being.

4. Social well-being

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**.
- ▶ They get a feeling of worth.



5. Fitness

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

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

6. Relationship between health and fitness

Health and fitness are closely linked. Being fit allows us to meet the demands of our environment.

- ▶ **Fitness can increase** even if we are healthy, provided we can still train.
- ▶ To stay healthy we need to:
 - ▶ live a healthy **active** lifestyle.
 - ▶ eat a balanced **diet**.
 - ▶ maintain a level of **fitness** to help maintain health.

