

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:

- ▶ _____ health and well-being.
- ▶ _____ health and well-being.
- ▶ _____ health and well-being.
- ▶ _____ and _____.



2. Physical well-being

People who are physically well display the following:

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

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

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



3. Mental well-being

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

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





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



4. Social well-being

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

- ▶ They **have essential** _____ **needs** such as clothing, food and shelter.
- ▶ They **have** _____ and support.
- ▶ They can _____ **with others**.
- ▶ They **have some** _____ **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 _____. 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** _____ even if we are unhealthy, provided we can still train.
- ▶ To stay healthy we need to:
 - ▶ live a healthy _____ lifestyle.
 - ▶ eat a balanced _____.
 - ▶ maintain a level of _____ to help maintain health.

