

The relationship between health and fitness



UNTAMED
EDUCATION

3.1.3 Physical training

Well-being

Physical

Mental

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Social

Fitness

Health



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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:

- ▶ _____ well-being.
- ▶ _____ well-being.
- ▶ _____ well-being.
- ▶ _____ and Fitness.



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 _____ **well** can help performance in the following ways:

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



3. Mental well-being

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

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





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4. Social well-being

- ▶ People who are **socially well** display the following:
- ▶ They **have essential** _____ such as clothing, food and shelter.
- ▶ They **have** _____ and support.
- ▶ They can _____ **with others**.
- ▶ They **have some** _____ **in society**.



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

To be **healthy**, we must be **fit** and to be fit we must **exercise**.

However, that is not the complete picture, for example;

- ▶ **Fitness** only focuses on your physical ability and you may be _____ in other aspects of your life i.e. illness or pain.
- ▶ **Mental well-being** is also important to your health. **Exercise** and performance can be _____ and impact on your health.
- ▶ **Social well-being** also contributes to our health and if you exercise **on your own** then this aspect does not develop.
- ▶ **Fitness** _____ if we are **unhealthy** and unable to exercise.

