

The consequences of sedentary lifestyle



UNTAMED
EDUCATION

3.2.3 Health, fitness and well-being

Health

Ectomorph

Obesity

Sedentary Lifestyle

Endomorph

The consequence of a sedentary lifestyle

Body Mass Index

Physique

Mesomorph

Endomorph

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1. Sedentary lifestyle

- ▶ This is a lifestyle with irregular exercise or none at all.
- ▶ Due to an increase in **technology** 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 **computers** rather than move around.
- ▶ **Domestic 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 disease**.
- ▶ **Hypertension**.
- ▶ **Diabetes**.
- ▶ **Poor sleep**.
- ▶ Poor **self-esteem**.
- ▶ **Lethargy**.

3. Body Mass Index (BMI)

- ▶ BMI is a measure of a persons body composition. The **equation** is:

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

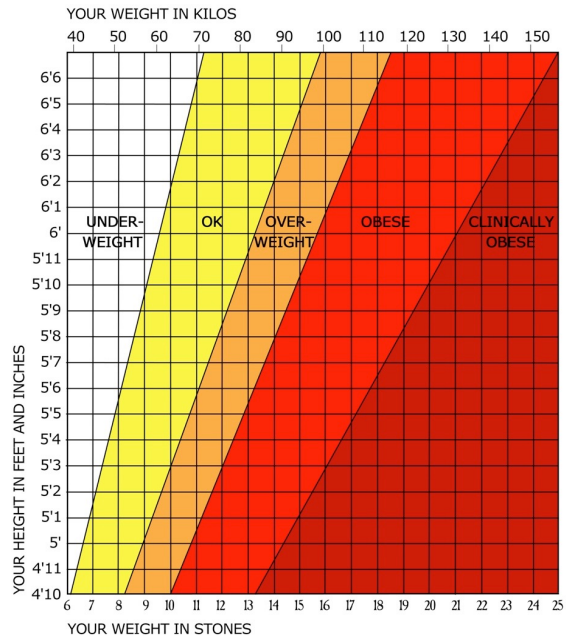
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The higher the BMI, the more body fat. This calculation can, however, be inaccurate for certain individuals such as:

- ▶ **Muscular athletes.**
- ▶ **Pregnant women.**
- ▶ **Elderly people.**

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

- ▶ Indicates **fitness** 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 **overweight**.
- ▶ A score over **30** indicates **obesity** and is a health risk.
- ▶ A score over **40** indicates a **serious** health risk.



BODY MASS INDEX (BMI) CALCULATION

4. Obesity

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

1. Performance

- ▶ Decreases **stamina** and cardiovascular endurance.
- ▶ Decreases **flexibility**.
- ▶ Decreases **speed** and **power**.
- ▶ Decreases **agility**.



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2. Physical ill health

- ▶ Increases the risk of **cancer**.
- ▶ Increases the **heart disease** and heart attacks.
- ▶ Increases the risk of **diabetes**.
- ▶ Causes high **cholesterol**.



3. Mental ill health

- ▶ Increases the risk of **depression**.
- ▶ May result in a loss of **confidence**.

4. Social ill health

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

5. Body types

The term **physique** is a description of your body shape and type.

There are three extreme body shapes that are otherwise known as “**Somatotypes**”

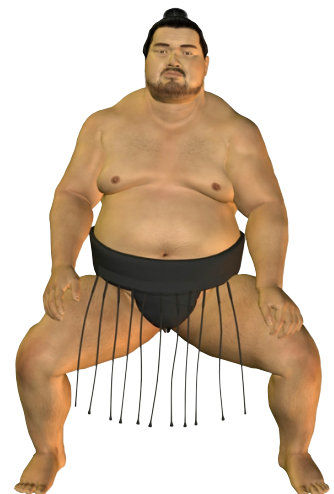
Endomorph - High body fat

Mesomorph - Muscular

Ectomorph - Tall and lean

6. Endomorph

- ▶ **Round** body shape.
- ▶ Carries weight on the hips and waist.
- ▶ Narrow shoulders and broad hips.



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7. Mesomorph

- ▶ An “**athletic**” build.
- ▶ **Muscular** body.
- ▶ Broad shoulders and narrow hips.
- ▶ They have an inverted triangle body shape.



8. Ectomorph

- ▶ **Slightly** built.
- ▶ Narrow shoulders and hips.
- ▶ Unusually **long** limbs.
- ▶ Unusually **tall**.



9. Examples in sport

A **gymnast** needs to be strong and light to perform the powerful skills needed.

- ▶ It is also an advantage to have a low centre of balance.
- ▶ The best extreme body type is **mesomorph**.

A **high jumper** needs to be lightweight so they can get as high off the ground as possible.

- ▶ It is an advantage to be tall and have a high centre of mass.
- ▶ The best extreme body type is **ectomorph**.

A **rugby prop** needs to have a lot of strength and power.

- ▶ Having a high mass and strength is needed to run directly into the defensive line like a battering ram.
- ▶ The best body type is mesomorph and **endomorph**.