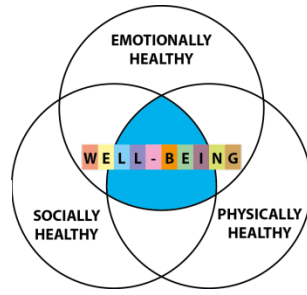


Physical, Emotional

& Social Health

Exercise & physical activity can improve physical health, emotional health & social health



Lifestyle Choices

The choices we make about how we live and behave that impact on our health.

GCSE Physical Education Yr10 Term 1

Physical health; improves cardiovascular fitness, body composition, muscular strength, muscular endurance

Emotional health; makes you feel good, relieves stress, increases self esteem & confidence, enjoyment

Social health; helps you develop cooperation, develop friendships, improves attitude towards competing

Activity Levels; active lifestyle reduces risk of illness, stress and improves fitness levels

Work/Rest/Sleep Balance; a balanced life improves physical, emotional & social health, reduces stress and makes you more effective

Recreational Drugs; impact negatively on health
Alcohol
Nicotine

Sedentary Lifestyle

A lifestyle where there is little, irregular or no physical activity.



Consequences include becoming overweight, overfat and obese

Macronutrients; Carbohydrates, fats, proteins ENERGY PROVIDERS

Micronutrients; Vitamins, Minerals NEEDED FOR GROWTH & A HEALTHY BODY

Water; ACCOUNTS FOR HALF OF YOUR BODY WEIGHT

Fibre; AIDS THE FUNCTIONING OF THE DIGESTIVE SYSTEM

