

# General Health

<b>General Health</b>				
Define the terms health and fitness.				
Describe the key benefits of a healthy, active lifestyle and explain how this can be achieved.				

## Health

'A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'.

## Fitness

'Capability of the body to meet the daily demands made upon it with no stress.'

### How can a healthy lifestyle be adopted?

jobs involving manual labour

jobs involving being on feet all day

an outdoor job

walking/cycling to work/school

practical leisure pursuits.

### Why is exercise important, in everyday life?

To make sure the body remains healthy.

Strength and stamina are both important for people to be able to carry out many everyday tasks; such as being able to stack shelves, being able to carry heavy shopping, being able to stand on their feet all day at work. Without regular exercise the body would be unable to perform these simple tasks.

Flexibility is also important for everyday living such as the ability to perform a range of simple movements without discomfort eg tying shoe laces, reaching up for a book.

To maintain a good level of fitness.

**How would the fitness of a club standard performer and an international standard performer be different?**

International standard would need more specific fitness

A club standard performer would train to keep fit, but an international standard performer would need to be fit to train.

The demands of an international performer are much greater than a club standard performer.

Activities:

- Write a list of everyday tasks and activities you or your parents do. Think about which components of fitness each one would need.
- Design a poster to educate an adult about the benefits of leading a healthy, active lifestyle.
- Look, copy, remember, rewrite the definitions out.

Tips:

You must learn these definitions by heart!

These questions are common, so make sure you have learnt answers to them.

Remember most of this is common sense- so think carefully about your answers,

**Exam Questions:**

Which of these will NOT improve an individual's health.

- Washing regularly
- Eating a balanced diet
- Lack of sleep
- Drinking water

State two reasons why taking part in regular exercise can improve your health.( 2marks)