

What is an active, healthy lifestyle?

Use the pictures to help write a description.



Benefits of participating.....

How do we define, health, physical, social and mental well being?



Health:

Physical:

Social:

Mental:

Revision 1.1.1 Healthy, active lifestyles and how they could benefit

What you need to know:

1. What constitutes a healthy, active lifestyle
2. The benefits of participating in physical activity
3. Physical activity relieving stress and tension
4. How physical activity stimulates the individual

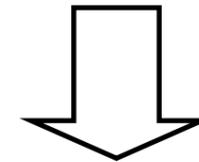
Social, Mental and Physical Benefits of Exercise

Highlight ;

.....in GREEN the social benefits of taking part in physical activity,

.....in RED the mental benefits.....

.....in YELLOW the physical benefits.....



Meet new friends	Enjoyment	Opportunity for success	Challenges as a team
Look good	Increase self worth	Feel good factor	Muscle tone
Feel good factor	Burns fat	Improved flexibility	Increase confidence
Forget about problems	Bone strengthening	Being part of a team	Relieves aggression
Improves self esteem	Excitement	Less likely to get injured	Increase life expectancy
Team work and cooperation	Cardiovascular endurance increases	Reduce stress and tension	People of similar interest

Physical Activity Relieving Stress and Tension

Use the word bank at the bottom to work out the correct descriptions for the key words.

_____ : these are modules of happiness which are released during exercise and can improve our mood and promote happiness.

_____ : When we exercise, hormones are produced which allow our body system to speed up and clean out our internal environment which reduces the impact of stress.

_____ : Exercise provides us with an outlet to escape from external pressures and everyday life, gives us time to think and reflect for example going for a long run will allow time to think and solve problems.

_____ : These are produced after 20 minutes of exercise, they allow us to enjoy exercise, feel positive, improve mood and give a state of euphoria for example scoring a goal when playing for the school football team.

_____ : This happens due to the fact that exercise allows muscles to stretch further and releases the energy. Sometimes when you are stressed you might get a tight back and shoulders. If you exercise then this will be released.

_____ : By exercising a person becomes more aware of their body and their breathing. By exercising it allows the individual to recognise when they are becoming stressed or worried.

_____ : By undertaking challenging activities and challenging yourself allows you to stay stimulated and engaged in the activity which means you are less likely to cope with day to day living.

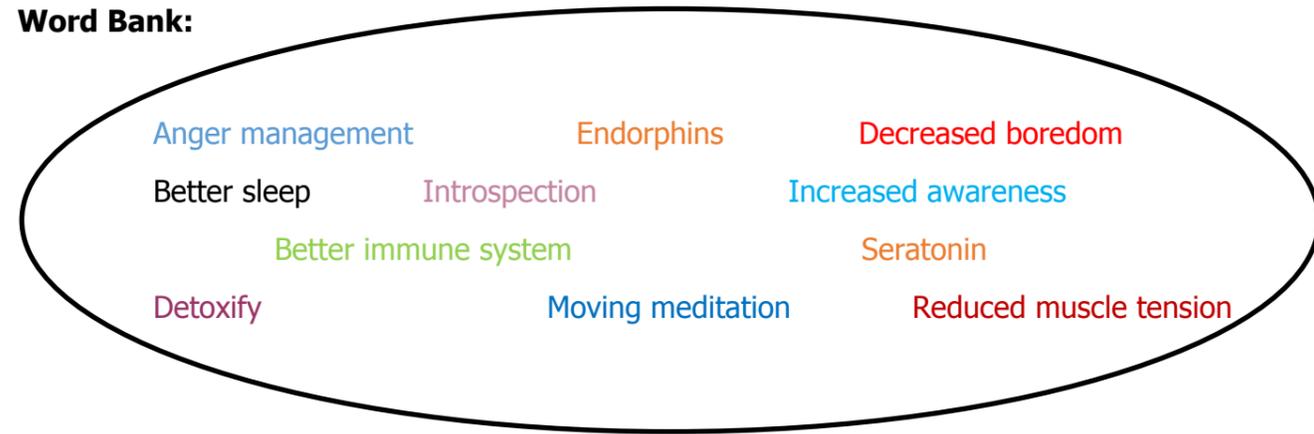
_____ : By exercising it has been proven that it can help people release negative energy and anger in a positive way such as in a boxing match where the aggression is controlled but expelled.

_____ : By exercising we are more physically challenged therefore need more rest and will generally sleep more easily and deeply.

_____ : By exercising it is proven that people fight illness and infection better and recover quicker from illness such as colds and coughs.

_____ : Yoga and other relaxing exercises help to alleviate worry and promote calmness and tranquillity.

Word Bank:



How Physical Activity Stimulates the Individual

Match up the following.....

Cooperation
Competition
Physical Challenge
Aesthetic appreciation
Friendships and social mixing

With many sports there is often a social side, where groups stay after a game in the clubhouse.

As a performer develops their skills and understanding about an activity they may also appreciate the activity as a whole.

Certain physical activities can present a person with challenging situations.

If someone joins a club they may not get the benefit of the physical activity, but also joining in with the general running of the club too.

Individual and team activities will involve taking part in

One of the possible benefits of a healthy active lifestyle is an increase in self esteem.

Explain the term self esteem and give an example of how self esteem can be increased through physical activity.

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