

NCFE Health and Fitness Level 1/2 – Health, Fitness and Well-Being

Lifestyle choices – the decisions we make about how we live and behave that impact on health.

Diet

Eating healthy	Eating unhealthy
<ol style="list-style-type: none"> Boosts energy levels Reduces the risk of developing serious health conditions Help lose weight 	<ol style="list-style-type: none"> Leads to deficiencies Increases weight and % bodyfat Causes depression with poor body shape

Activity levels

Active lifestyle	Inactive lifestyle
<ol style="list-style-type: none"> Boosts self esteem Reduces stress and anxiety Improves fitness levels 	<ol style="list-style-type: none"> Increases risk of disease Decreases muscle mass, strength and energy levels

Work/rest/sleep balance

Good balance	Poor balance
<ol style="list-style-type: none"> Improves mood Increases productivity at work Contributes to quality of sleep 	<ol style="list-style-type: none"> Increases the risk of depression Leads to weight gain Increased blood pressure

Well being – a combination of physical, emotional and social health.

Positives effects of training/exercise on:

Physical health

- Stronger bones (increased bone density)
- Lower cholesterol / reduced obesity
- Increase/development of components of fitness
- Increase life expectancy



Emotional health

- To increase self esteem/confidence – increased endorphins released
- Reduced risk of age-related diseases - dementia
- Relieve stress and tension
- Fun/enjoyment / reduced boredom



Social health

- To develop teamwork skill
- To meet new people/friends
- Develop communication skills
- Develop leadership skills



Social benefits may vary depending on age group:

- Elderly
- Children

Negative effects of training on:

- Physical health – overexertion leading to heart failure/overuse injuries
- Emotional health – training can lead to injury and cause depression
- Social health – training long hours means less time spent with family.

Recreational drugs – these are taken for pleasure and are legal to those over a certain age.

Smoking

Causes breathlessness and reduces the oxygen-carrying capacity. This affects aerobic ability for endurance events. Smoking (nicotine) increases the risk of lung cancer, bronchitis, pneumonia & emphysema.



Alcohol - contains chemicals which act on the brain affect judgement.



Balance, coordination and reactions are affected



Diuretic – increased water levels in urine and cause dehydration



Reduction of glycogen levels and slower lactic acid removal

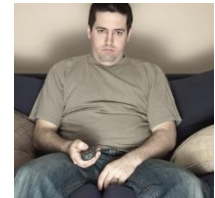


Liver problems

Sedentary lifestyle – a lifestyle with no or irregular physical activity. This includes sitting, reading, watching television & playing video games.

Health risks associated are:

- Heart disease
- Type 2 diabetes
- Obesity
- Osteoporosis
- Depression



Impact of a sedentary lifestyle on weight

Overweight – weighing more than the expected weight for height and gender / **Overfat** – high percentage of body fat

Obese – weighing significantly more than expected.



