

How can exercise improve physical health?

- Improves Heart Function
- Improves efficiency of the body systems
- Reduces the risk of some illness
- Able to complete everyday tasks
- Helps to avoid obesity

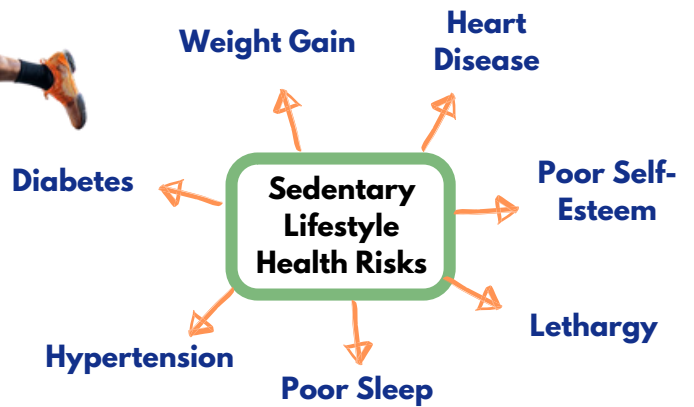
How can exercise improve social health?

- Opportunities to socialise/make friends
- Cooperation
- Teamwork
- Have essential human needs (food, shelter, clothing)



How can exercise improve emotional health?

- Reduces Stress/Tension
- Release of feel good hormones (serotonin)
- Able to control emotions



Sedentary Lifestyle



This is a lifestyle where there is little, irregular or no physical activity

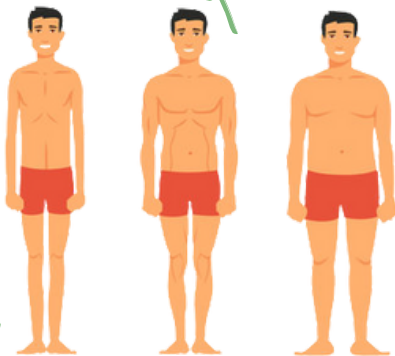


PE COMPONENT 2 - HEALTH, FITNESS & WELL-BEING

Suited for sprinters

Wide shoulders and a flat stomach

Mesomorph

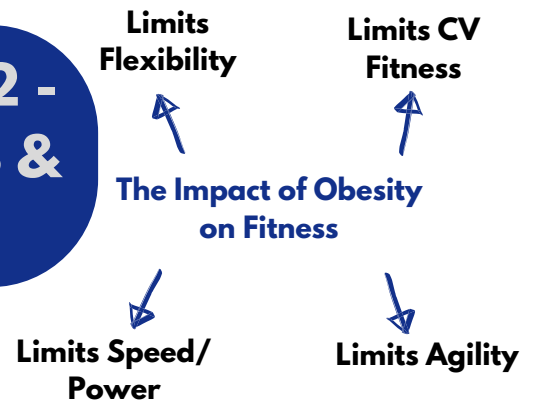


Ectomorph

Lean and long
Suited for high jumpers

Endomorph

Wide hips and shorter limbs
Suited for sumo wrestlers



The Impact of Obesity on Physical Health

- Cancer
- Heart Disease
- Diabetes
- High Cholesterol

The Impact of Obesity on Emotional Health

- Depression
- Loss of Confidence

The Impact of Obesity on Social Health

- Inability to Socialise
- Inability to Leave Home

