

Health



A state of complete **emotional**, **physical** and **social** well-being, and not merely the absence of disease and infirmity

Fitness



The ability to meet the **demands** of the **environment**

Well-Being



The state of being **comfortable**, **happy** and **healthy**

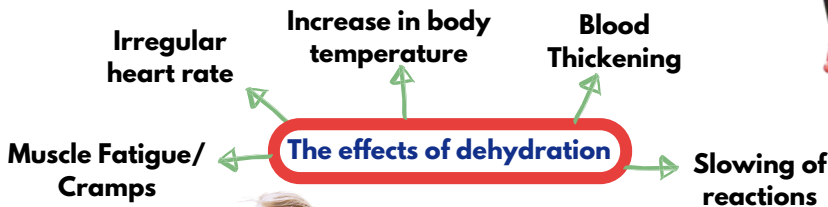


How can exercise improve emotional health?

- Helps us 'feel good'
- Improves self image
- Overcome mental challenges

How can exercise improve physical health?

- Maintain healthy weight
- Strengthens core muscles & mobilises spine
- Improves strength of bones
- Removal of cholesterol from walls of arteries



Water

- Water intake/ hydration must be regular in order to prevent dehydration

A balanced diet should include:

- 55 – 60% of **Carbohydrates**
- 25-30% of **Fat**
- 15-20% **Protein**
- A small amount of **Vitamins & Minerals**

How can exercise improve social health?

- Help with friendships & social mixing
- Sense of belonging to a group

Fibre

- Adds bulk to your food and also aids digestion
- Found in cereal & nuts

Protein:

- Important for growing muscle & repairing damaged tissue - good for weightlifters
- Found in meat, eggs & nuts



Simple Carbohydrates:

- Provide energy quickly - good for sprinters
- Sugars - found in natural form in fruit and refined form in cakes

Carbohydrates:

- Stored in the muscles and liver as glycogen, can be converted into glucose to provide energy quickly
- Can be split into two categories



Vitamins & Minerals:

- Maintain efficient working of body & ensure good health - good for all performers
- Found in fruits & vegetables

Fats:

- Release energy slowly and insulation, good for marathon runners
- Found in cheese, nuts & avocado

Complex Carbohydrates:

- Provides energy for long time - good for long distance runners
- Found in pasta, rice & brown bread



PE COMPONENT 2 - HEALTH, FITNESS, WELLBEING & NUTRITION

