

BENEFITS OF AN ACTIVE LIFESTYLE



THERE ARE PHYSICAL, EMOTIONAL AND SOCIAL HEALTH BENEFITS OF REGULARLY TAKING PART IN EXERCISE

PHYSICAL	BENEFIT OF EXERCISE	CONSEQUENCE OF A SEDENTARY LIFE
Injury	EXERCISE WILL HELP INJURIES TO HEAL AND ENABLE THE BODY TO RETAIN ITS FITNESS LEVELS – EXERCISE CAN ALSO CAUSE INJURIES.	MORE LIKELY TO SUFFER STRESSES AND STRAINS THROUGH ORDINARY LIFE ACTIVITIES BECAUSE OF THE LACK OF PHYSICAL FITNESS.
Coronary Heart Disease (CHD)	LESS LIKELY TO SUFFER FROM CHD. EXERCISE WILL HELP TO KEEP THE HEART AND BLOOD SUPPLY HEALTHY.	LACK OF EXERCISE MAY CAUSE CHD WITH POOR BLOOD AND OXYGEN CIRCULATION AND BUILD-UP OF FAT IN THE ARTERIES
Blood Pressure	MORE LIKELY TO BE NORMAL LEVELS FOR A HEALTHY PERSON	MORE LIKELY TO BE RAISED, WITH HEALTH CONSEQUENCES SUCH AS HYPERTENSION.
Bone Density	MORE LIKELY FOR BONES TO HAVE NORMAL BONE DENSITY AND BE LESS LIKELY TO BE DAMAGED DURING EVERYDAY ACTIVITIES.	BONES ARE WEAKER AND MORE LIKELY TO BE DAMAGED.
Obesity	EXERCISE WILL ENSURE THAT ENERGY TAKEN IN BY THE BODY IS USED AND LESS LIKELY FOR FAT DEPOSITS TO BE CREATED AROUND THE BODY.	MORE LIKELY FOR THE BODY'S BMI TO SHOW TOO MUCH BODY FAT AND THEREFORE CAUSING DISEASES SUCH AS CHD.
Type 2 Diabetes	THIS IS LESS LIKELY FOR THOSE WHO EXERCISE REGULARLY WITH PEOPLE HAVING LOWER BODY FAT AND MORE NORMAL BLOOD SUGAR LEVELS	THE BODY DOESN'T PRODUCE ENOUGH INSULIN AND TOO MUCH GLUCOSE REMAINS IN THE BLOOD. IT IS ASSOCIATED WITH OBESITY AND OLDER PEOPLE
Posture	POSTURE IS MORE LIKELY TO BE NORMAL. STRONGER MUSCLES WITHIN THE CORE AND BACK CONTRIBUTE TO GOOD POSTURE ACTIVITY CAN OF COURSE AFFECT POSTURE THROUGH INJURY	POOR POSTURE CAN LEAD TO MUSCLE AND SKELETAL DAMAGE AND THIS IS ASSOCIATED WITH THOSE WHO ARE INACTIVE
Fitness	THE MORE ACTIVE YOU ARE, THE MORE LIKELY YOU ARE TO BE FIT AND THEREFORE HAVE MORE ENERGY FOR EVERYDAY LIFE.	IF YOU ARE INACTIVE YOU ARE MORE LIKELY TO BE UNFIT THEREFORE WILL TIRE EASILY AND BE MORE LIKELY TO SUFFER MUSCLE DAMAGE.

Key Definitions

FITNESS - Your ability to meet the physical demands placed on you by the environment.

HEALTH - The state of emotional, physical and social well-being. Not simply the absence of illness or disease

WELLBEING – is the feeling of being contented / happy / prosperous **and healthy**

EMOTIONAL	BENEFITS OF EXERCISE	CONSEQUENCE OF SEDENTARY LIFE
SELF-ESTEEM / CONFIDENCE	EXERCISE CAN HELP YOU FEEL BETTER ABOUT YOURSELF AND FEEL CONFIDENT IN THE WAY YOU LOOK AND CAN BOOST CONFIDENCE WITH SUCCESS IN SPORT. ACTIVITY CAN HELP TO RELEASE HORMONES THAT MAKE YOU FEEL BETTER AND HAPPIER	INACTIVE PEOPLE MAY WELL HAVE LOW SELF-ESTEEM BECAUSE THEY LACK ENERGY BUT ALSO BECAUSE THEY ARE MORE LIKELY TO BE OBESE, WHICH CAN ALSO BE A CONTRIBUTORY FOR LOW SELF-ESTEEM.
STRESS MANAGEMENT	AN ACTIVE PERSON OFTEN FEELS THAT THE STRESSES OF EVERYDAY LIFE CAN BE FORGOTTEN OR RELEASED THROUGH EXERCISE AND SO THEY MANAGE STRESS MORE EFFECTIVELY	WHEN INACTIVE, A PERSON MAY DWELL ON LIFE'S DIFFICULTIES AND MAY NOT HAVE ENOUGH OUTLETS TO GET RID OF STRESS AND ANXIETY
IMAGE	AN ACTIVE PERSON IS MORE LIKELY TO HAVE A GOOD LEVEL OF SELF-IMAGE. IN OTHER WORDS, THEY FEEL THAT THEY LOOK GOOD TO THEMSELVES AND TO OTHERS	INACTIVE PEOPLE CAN HAVE A POOR SELF-IMAGE. THIS FEELING OF INADEQUACY CAN ARISE FROM POOR BODY IMAGE, WHICH CAN, IN SOME CASES, BE RELATED TO OBESITY OR SOMETIMES THOSE WHO ARE EXTREMELY UNDERWEIGHT

SOCIAL	BENEFITS OF EXERCISE	CONSEQUENCE OF SEDENTARY LIFE
FRIENDSHIP	EXERCISE CAN HELP PEOPLE MAKE FRIENDS WITH OTHERS WHO ARE INVOLVED IN THE SAME SPORT AND PHYSICAL ACTIVITIES	A SEDENTARY LIFESTYLE CAN RESULT IN A PERSON NOT GOING OUT VERY MUCH AND NOT MEETING NEW PEOPLE.
BELONGING TO A GROUP	EXERCISE ENABLES PEOPLE TO BELONG TO A TEAM OR AN EXERCISE CLASS OR A JOGGING CLUB, FOR EXAMPLE. THERE ARE MANY OPPORTUNITIES FOR THE MORE ACTIVE TO JOIN GROUPS AND GAIN A SENSE OF BELONGING	INACTIVITY CAN RESULT IN ISOLATION FOR AN INDIVIDUAL AND THEREFORE THAT PERSON MAY NOT FEEL THEY ARE PART OF A COMMUNITY AND THEY COULD BECOME DISPIRITED
LONELINESS	EXERCISE GIVES MANY OPPORTUNITIES TO MEET NEW PEOPLE. THOSE IN A TEAM CAN FEEL THAT THEY BELONG AND THEREFORE ARE LESS LIKELY TO BE ISOLATED	INACTIVITY CAN RESULT IN A LACK OF PEOPLE TO TALK TO AND THIS SOCIAL ISOLATION CAN LEAD TO LONELINESS

Reasons to take part in exercise

Health benefits

Well-being

Stress Relief

Weight control

Enjoyment

Social reasons

Experience Competition

Develop skills

Sense of achievement

Copy Role models