

## **FITNESS ST. GUIDE #3 (10-12)**

### **SCHS PHYS. ED. DEPT.**

## **Physical Activity, Exercise, and Health**

### **What is Physical Activity?**

**Physical Activity** is any movement that works the larger muscles of the body, such as arm, leg, and back muscles.

**Exercise** is physical activity that is planned, structured, and repetitive, and that results in improvements in fitness.

### **Personal Fitness**

Personal fitness consists of:

- A healthy diet
- Avoiding harmful substances
- Regular physical fitness
- Adequate rest
- Maintaining regular medical checkups

**Physical fitness is NOT the same thing as personal fitness.** It is only one part.

### **Fitness, Health, and Wellness**

**Fitness** is an important part of maintaining your health - and health means much more than the absence of physical illness.

**Health** is defined as a combination of physical, mental/emotional, and social well-being.

**Wellness** refers to total health in all three areas - physical, mental, and social.

**Physical Health** - people with high levels of personal fitness experience many benefits to their physical health. These physical benefits include:

- higher energy level
- Improved strength, flexibility, and muscle tone.
- better heart and lung function
- stronger bones
- Healthier weight and reduced body fat.
- improved coordination
- More restful sleep.

**Functional Health** is defined as the ability to maintain high levels of health and wellness by reducing your risks of developing health problems.

Physically active people have a lower risk for physical problems that are related to a sedentary, or physically inactive, lifestyle.

These problems include:

- heart disease
- high blood pressure
- stroke
- diabetes
- certain forms of cancer, including colon cancer

### **Functional Fitness**

**Functional Fitness** - Functionally fit individuals maintain high levels of health and wellness and a reduced risk of chronic problems.

### **Healthy People 2010 and Fitness**

The United States government has launched Healthy People 2010, an initiative designed to encourage all Americans to make health and fitness a top priority.

**Skill-related fitness** - this is your ability to perform successfully in various games and sports. It is also known as performance fitness. The six components or measures of skill-related fitness include: agility, balance, power, speed, coordination, and reaction time.

**Health-related fitness** - this is your ability to become and stay physically healthy. There are five components of health-related fitness and they include: cardiovascular fitness, body composition, muscular strength, muscular endurance, and flexibility.

## **Risk Factors and Your Behavior**

The average life expectancy, the number of years a person can expect to live, in the United States is about seventy-seven years.

## **Personal Fitness and Risk Factors**

Achieving and maintaining a high level of functional health and fitness is often made more difficult by risk factors, or conditions and behaviors that represent a potential threat to an individual's well-being.

## **Risk Factors You Can't Modify**

**Age** - although you can not change your age, learning about and developing healthful habits now can make a positive difference in your levels of personal fitness throughout your life.

**Heredity** - the sum of the physical and mental traits that you inherit from your parents. As a risk factor, heredity determines your likelihood of developing certain diseases and disorders. Like your age, your genetic makeup cannot be changed, but the risk it may pose can be reduced by maintaining a health lifestyle.

## **Changeable Risk Factors**

- **Becoming Physically Active**
- **Practicing Healthful Eating Habits**
- **Avoiding Smoking and the Use of Tobacco Products**
- **Managing Stress in Your Life** - **Stress** is the mind and body's response to the demands and threats of everyday life

### **Some strategies for coping with stress include:**

- Adjust your eating habits. In particular, limit your intake of caffeine.
- Spend some time alone. Taking a break and allowing yourself time to unwind can improve your mood and reduce your feelings of worry or stress.
- Maintain a high level of physical activity.

## **Developing a Positive Attitude**

**Attitude** - is your mindset or outlook toward a given topic or subject.

**Peers** - peers are people the same age who share a common range of interests and beliefs.

**Media** - the collective forms of mass communication found within society at any given time.

**A Commitment to Change** – The success of a personal fitness program has to do with attitude, commitment, and adherence.

A **commitment** is a pledge or promise. By making a commitment to fitness, you are making a promise to develop and maintain positive fitness behaviors.

**Adherence** refers to the ability to stick to a plan of actions. If you adhere to a fitness program, you will succeed.

## **Benefits of Personal Fitness**

- **More Positive Self-Concept**
- **Stress Reduction**
- **Improvements in Academic and Physical Performance**
- **Increased Life Expectancy**

## **Choosing Your Physical Activities**

When designing your fitness program, choose activities that will be both effective and safe. As you begin your program, the activities you choose should be of moderate intensity. While you want to challenge yourself, it is important that you do not take on more than you can physically handle.

## **Physical Activity and Exercise Guidelines**

**Regular Physical Activity or Exercise** - any activity or exercise performed most days of the week, preferably daily.

**Moderate Physical Activity or Exercise** - any activity or exercise that ranges in intensity from light-to-borderline exertion.

**Vigorous Physical Activity or Exercise** - any activity or exercise that ranges in intensity from heavy-to-maximum exertion.