Personal Fitness

Chapter 1, Section 1

Foundations of Personal Fitness

What will you do?

* Define the importance of physical activity and personal fitness.
* Explain the relationship between health and fitness.
* Analyze the role of fitness in recognizing and resolving conflicts effectively.
* Describe methods of evaluating health-related fitness.
* Participate in activities to evaluate your health-related fitness.

Terms to know:

* physical activity
* exercise
* physical fitness
* personal fitness
* health
* wellness
* functional health
* sedentary
* self-esteem
* conflicts
* functional fitness
* skill-related fitness
* health-related fitness

**Physical Activity, Exercise, and Health**

**Here are some concerning your personal fitness:**

* Assessing your level of physical fitness and progress
* Learning about changes in personal habits that you may need to make
* Taking responsibility for planning, developing, and maintaining a healthy and active lifestyle
* Designing a physical-activity and fitness program

**What Is Physical Activity?**

**Physical activity can be:**

* Sports, dancing,
* Incidental to other activities
* chores, part-time job

Any movement that works the larger muscles of the body, such as arm, leg, and back muscles.

* Physical activity and are important to your health because physically active people live longer lives.

Physical activity that is planned, structured, and repetitive, and that results in improvements in fitness.

* Regular physical activity and exercise contribute to your .

The body’s ability to carry out daily tasks and still have enough reserve energy to respond to unexpected demands.

**Personal Fitness**

To achieve :

* Maintain acceptable levels of physical fitness.
* Participate in regular physical activity.
* Eat nutritious foods.
* Sleep 8 to 9 hours each night.
* Have regular medical checkups.
* Maintain an appropriate weight.
* Avoid harmful substances.
* =Total fitness.

**Fitness, Health, and Wellness**

**The essential elements of health and wellness are:**

* Physical fitness
* Social health
  + A combination of physical, mental/emotional, and social well-being.
  + Total health in all three areas.
* Physical activity is one way to maintain your **functional health**.
  + The ability to maintain high levels of health and wellness by reducing your risks of developing health problems.
* Risks associated with a **sedentary** lifestyle include:
  + Heart disease
  + High blood pressure
  + Stroke
  + Diabetes
  + Certain forms of cancer
  + =Physically inactive.
* The benefits of mental/emotional health include:
  + Thinking more clearly
  + Handling stress better
  + Higher **self-esteem**
  + Feelings of self-confidence and personal worth.
* The benefits of social health include:
  + Develop and maintain friendships.
  + Work well as part of a group.
  + Effectively recognize and resolve **conflicts**.
  + Struggles or disagreements

**Functional Fitness**

**Maintaining high levels of health and fitness yields an additional benefit: functional fitness.**

* **A person’s physical ability to function independently in life, without assistance.**

**The Physical Activity Pyramid**

This pyramid provides guidelines for how to divide your time when doing physical activity.

***Healthy People 2010* and Fitness**

*Healthy People 2010* is a government initiative to encourage all Americans to make health and fitness a top priority.

The goals of Healthy People 2010 are for all Americans to reach and sustain high levels of fitness in:

Your ability to perform successfully in various games and sports.

Your ability to become and stay physically healthy.