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:**

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* 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
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* 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.