Risk Factors and Your Behavior

Chapter 1, Section 2

Foundations of Personal Fitness

**What You Will Do**

* Identify changeable risk factors that affect your levels of health and personal fitness.
* Describe lifestyle choices that can improve overall levels of fitness and offset negative factors.
* Define stress and describe activities that you can use for stress reduction.
* Identify risk factors for developing heart disease.

**Terms to Know**

* risk factors
* heredity
* stress

**Risk Factors and Your Behavior**

**Your life expectancy and the of your life will be influenced by how well you maintain your functional health and fitness.**

**Personal Fitness and Risk Factors**

**Achieving and a high level of functional health and fitness is made more difficult by risk factors.**

**Conditions and behaviors that represent a potential threat to an individual’s well-being.**

**Risk Factors You Can’t Modify**

* **Risks factors you can’t modify include and heredity.**
* **One aspect of heredity is gender, the natural differences between males and females.**
* **The sum of the physical and mental traits that you inherit from your parents.**
* **Heredity determines your likelihood of developing certain diseases and disorders.**
* **High blood pressure**
* **Heart disease**
* **Diabetes**
* **Certain types of cancers**

**Risk Factors and Your Behavior**

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| --- | --- | --- | --- |
|  |  | **Can Modify** | **Can’t Modify** |
| **1. Heredity** |  |  |  |
| **2. Gender** |  |  |  |
| **3. Sedentary lifestyle** |  |  |  |
| **4. Smoking** |  |  |  |
| **5. Food choices** |  |  |  |
| **6. Excessive stress** |  |  |  |
| **7. Obesity** |  |  |  |
| **8. Diabetes** |  |  |  |

**Changeable Risk Factors**

* **You cannot control risk factors such as heredity or age, you *can* their impact on your health and fitness by changing your behavior.**
* **Adults who are sedentary develop chronic diseases at a much higher rate than do more active individuals.**
* **Choosing a physically active lifestyle is one way to reduce your risks of developing and to live a longer, healthier life.**
* **It is important to practice healthful habits.**
  + **Knowing what to eat can make a difference in your health and fitness.**
  + **Maintaining a healthy body weight and making balanced food choices will reduce your risk of becoming obese.**
  + **Obesity is a major risk factor for developing type 2 diabetes.**
* **It is important to avoid the use of .**
  + **People who smoke or use tobacco products are at far greater risk of heart and lung disease than are nonsmokers.**
  + **People using chewing tobacco are at a higher risk for cancer of the throat.**
* **It is important to manage in your life.**
* **Stress is perfectly normal, but it can lead to health problems such as sleeplessness and depression.**
* **The mind and body’s response to the demands and threats of everyday life.**

**Managing Stress in Your Life**