

## Ch. 1 Wellness and Healthy Active Living

Things We need to know:

- 1) **Key terms (pg.2)** -you were asked to write these out.
- 2) **Wellness-Awareness Continuum:**  
Conscious; Active; Wise; Committed
- 3) **4 Components of Healthy Active Living**
  1. Good Physical Health: fight off disease, recover from illness, perform daily routines without getting tired
  2. Good Mental Health: Deal with stress, cope with change, overcome negative feelings, maintain a positive outlook on life
  3. Good Social Health: feel connect to people, cope with life's up's and downs, understand your own self worth, maintain good support systems.
  4. Good Spiritual Health: peace of mind, give life purpose, provide you with stress relief, help you develop support systems
- 4) **Benefits of Healthy Active Living:**  
Short term benefits: enjoy each day with more energy.  
  
Long Term benefits: is a lifestyle that is healthy and also ensures your body and all important parts continue to work effectively.
- 5) **Healthy Weight:**  
-Difference between Overweight and Obesity  
Overweight: excess body fat for one's size and build.  
Obesity: Chronic condition and is a danger to one's health and life.
- 6) **Health Risks of Overweight/Obesity:**
  1. Hypertension(high blood pressure)- heart has to work harder to pump blood and oxygen: leads to extra stress, heart disease or stroke.
  2. Type II diabetes- form of diabetes usually found in older people but beginning to show up among young adults.
  3. Osteoarthritis: Excess weight places stress on the joints.
  4. Sleep Apnea: Condition with obesity causes these people to stop breathing for short periods while they sleep.
  5. Cancer: obesity increases the risk of certain cancers: colon, breast, gallbladder, ovarian and prostate.

- 7) **Active Living**-first step to prevent being overweight or obese is being active.
- 8) **Healthy Eating**- Choose your fuel wisely. Use a balanced food plan, 3 meals a day that target all food groups.
- 9) **What is Fitness:** Fitness is achieved by regular exercise, proper diet and adequate rest.
- 10) **Health-Related Fitness:**
  - 1) **Cardiorespiratory Fitness:** the ability of the heart and lungs to supply oxygen and energy to the muscles.
  - 2) **Muscular Strength:** the ability to exert force or lift a heavy weight.
  - 3) **Muscular Endurance:** the ability of muscles to work over a long period of time, such as hitting a ball over and over.
  - 4) **Flexibility:** the ability of the muscles to stretch. Prevents injuries when the body is pushed beyond its usual limits.
  - 5) **Body Composition:** refers to the distribution of muscle and fat throughout the body. A healthy body composition means that the body has enough fat to provide it with energy and enough muscle to perform a variety of exercises.
- 11) **Skill-Related Fitness:** a skill is the ability to do something efficiently and well. ie. jump shot, tennis serve.
  - 1) **Agility:** ability to change direction rapidly and accurately
  - 2) **Balance:** the ability to maintain equilibrium when moving or standing still, avoid falling over.
  - 3) **Coordination:** the ability to combine balance and agility while moving.
  - 4) **Power:** the ability to apply maximum effort in as short a time as possible.
  - 5) **Reaction Time:** the ability to respond to a situation in as short a time as possible.
  - 6) **Speed:** the ability to cover a short distance as quickly as possible.
- 12) **Medicare:** Canadian Health Care system;
  - paid through our taxes;
  - every province's rules to what is provided can be different
  - a lot of stress on system with rise of cost for treatment and increased number of users.
  - Medicare Card will work in any province for most cases.

13) **Physical Activity, Fitness & Lifestyle Approach:**

This group outlines the procedures for fitness assessment for persons 15-69 emphasizing benefits of physical activity. They measure physical health by assessing the following categories:

- 1) *Blood Pressure and Heart Rate:*
- 2) *Body Composition:*
- 3) *Aerobic Fitness:*
- 4) *Musculoskeletal Fitness:*
- 5) *Back Fitness:*

Once tested in these areas it will be determined where you are fitness/health wise under the HBZ (health benefits zones ) categories.

**Health Benefit Zones:**

- Excellent
- Very Good
- Good
- Fair
- Needs Improvement

14) **Why Take Health and Physical Education:**

- 1) Help you learn and develop new activity skills
- 2) Prepare you to make better decisions about your health now and as you grow older.
- 3) Improve your physical, mental, social and spiritual Health
- 4) Give you a regular opportunity to be active
- 5) Prepare you to lead-Health and PE students learn how to be educators and leaders as well as participants.