

**Health and wellbeing definitions**

Health

Wellbeing

Fitness

Physically Healthy

Mentally Healthy

Socially healthy

Definitions of sedentary and lifestyle.

**Mental Benefits of taking part**

**Physical Benefits of taking part?**

**Social Benefits of taking part?**

**Health, Fitness & Wellbeing**

Consequences of a sedentary lifestyle:

- 1
- 2
- 3
- 4
- 5
- 6
- 7

Definition of obesity.

How it may affect performance

How obesity (Causes ill health, physical):

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- 
- 

Causes ill health (mental):

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Causes ill health (social):

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**Somatotypes definitions and sporting positional examples.**

Mesomorph

Ectomorph

Endomorph

There is no single food that contains all the n that the body needs.  
A balanced diet contains lots of different types of food to provide the suitable n , v and m required.

The reasons for a balanced diet are:

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- 

Energy is measured in ( ) and is obtained from the we eat.

The average adult male requires Kcal/day

and the average adult female requires Kcal/day but this is dependent upon:

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Because

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Because

- 

Because

- 

Because

A balanced diet contains 55–60% , 25–30% , 15–20%.

Carbohydrates are

Fat is

Protein is

Vitamins and minerals

Definition of dehydration:

Dehydration results in 5 things:.