

Healthy Living



Handout - Unit one/Session 1

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Unit one: Understand and apply principles of training

Session 1

Are you healthy enough?

We take part in physical activities in order to:

- Keep weight down
- Recover from illness/injury
- Improve performance in specific sports
- Improve fitness levels and general well-being.

There are two types of exercise activity:

- Anaerobic
- Aerobic.

Anaerobic is very intense and in short bursts from ten seconds to two minutes, using energy quickly. Examples include sprinting, lifting weights and jumping.

Aerobic is low intensity over periods lasting from two minutes to several hours. Examples include marathon running, swimming and walking.

Team sports like football, netball and hockey use anaerobic and aerobic activities intermittently.

FITNESS is made up of four components:

1. **Stamina** – How long you can keep exercise up.
 - Your heart and lungs supply oxygen to your muscles.
2. **Strength** – How much force you can apply.
Three types:
 - Dynamic strength – This is when your muscles perform and support your body over a long period
 - Explosive strength – This is an immediate use of your muscles
 - Static strength – This is the strength you use to move something.
3. **Suppleness** – How well you can move your joints.
4. **Speed** – How fast you are.
Two types:
 - **Movement** – How fast you cover a distance
 - **Reaction** – How fast you respond.

To maintain a good level of fitness you should exercise three or more times per week for 20–30 minutes.

FACTORS THAT AFFECT FITNESS

- **Diet** – Eat a balanced diet. Eat the right amounts. We get our energy from foods.
- **Exercise** – The more we do, the fitter we become. 100,000 deaths per year could be caused through lack of exercise.
- **Rest** – Aim for 8 hours sleep per night. Rest is needed for body recovery.
- **Stress** – Body and mind get stressed and affect your health and fitness.
Exercise relieves stress.
- **Substance abuse** – Avoid tobacco, alcohol and drugs – they damage your health.
- **Age** – Fitness declines with age at up to 2% per year after 30. Regular exercise reduces this decline in fitness.