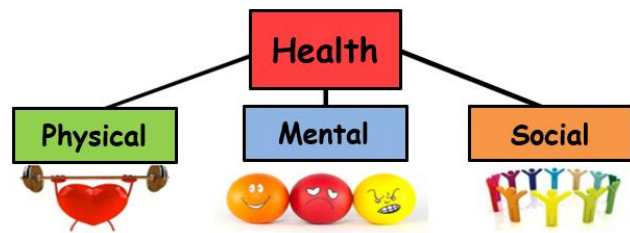


# Paper 2: Health, wellbeing and fitness



## Physical health and wellbeing

| Regular Exercise                           | Explanation of Health Benefit   |
|--|---|
| <b>Improved heart function</b>             | A stronger heart means that it pumps more efficiently so there is less strain on the heart reducing the chance of heart attacks   |
| <b>Improved efficiency of body systems</b> | The musculoskeletal and cardiorespiratory systems are more efficient with regular exercise. Weight bearing exercise increases bone density reducing the chance of osteoporosis                |
| <b>Reduce the risk of some illness</b>     | Exercise reduces blood pressure so there is less chance of having a heart attack or stroke. Exercise also improves the immune system so you are less likely to get ill                        |
| <b>Ability to do everyday tasks</b>        | Due to improved body systems you can function more easily. You can do everyday tasks without getting tired such as gardening, running up the stairs. You are not slowed down by excess weight |
| <b>Avoid being obese</b>                   | Exercise burns calories so you are less likely to be overweight or obese. Obesity is linked to several health problems such as heart attacks, stroke and diabetes                             |

## Fitness

| Regular Exercise                           | Explanation of Health Benefit   |
|--|---|
| <b>Improved fitness</b>                    | A stronger heart means that it pumps more efficiently so there is less strain on the heart reducing the chance of heart attacks   |
| <b>Reduced chance of injury</b>            | The musculoskeletal and cardiorespiratory systems are more efficient with regular exercise. Weight bearing exercise increases bone density reducing the chance of osteoporosis                |
| <b>Supporting physical ability to work</b> | Due to improved body systems you can function more easily. You can do everyday tasks without getting tired such as gardening, running up the stairs. You are not slowed down by excess weight |

## Mental (emotional) health and well being

| Regular exercise                                     | Achieved Health benefits  |
|--|---|
| <b>Reduced stress/tension</b>                        | Taking part in exercise can take your mind of your problems from work, home or school. This helps prevent stress related illness such as depression                                       |
| <b>An increase in serotonin levels</b>               | When you exercise you release a chemical called serotonin also known as the 'feel good hormone'. When serotonin is released it makes you feel good  |
| <b>Ability to control emotions</b>                   | When playing sport, you need to be disciplined as you need to follow the rules and stick to tactics or roles. This can help you control your emotions, improve confidence and self-esteem |
| <b>Increase in self-confidence &amp; self-esteem</b> | Exercise can make you feel part of something. Being part of a team can give you confidence. The more you exercise you do the better you perform this can also improve confidence          |

## Social health and wellbeing:

This is when basic human needs are met:

- Food
- Shelter
- Clothing

You have friendship and support, some value in society is socially active and has little stress in social circumstances. It works together with physical and mental health

### Social Health benefits from exercise

Regular exercise allows us to meet new people and make new friends

Regular exercise allows us to meet and socialise with our current friends

Regular exercise can improve our cooperation skills

Regular exercise can increase our social activities

## Different age groups:



An elderly person may benefit socially by meeting people so they are not lonely



A child may benefit from exercise by improving their social skills