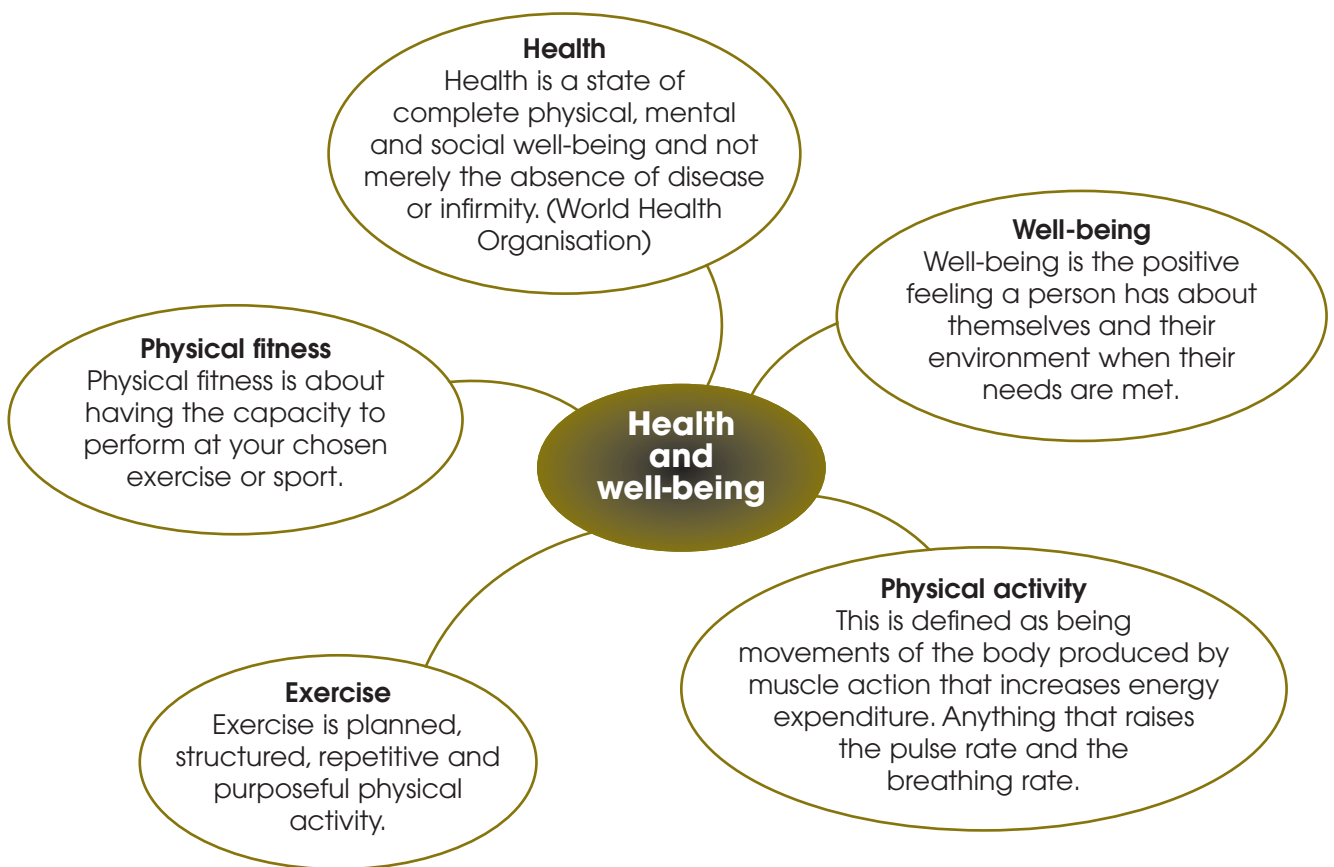


## Health and well-being

An active lifestyle benefits your social, physical and emotional well-being. This section looks at how exercise contributes to health and well-being.

### What is health and well-being?

There are a number of key concepts associated with health and well-being. Let's start with some definitions.



Health and well-being are related and they are subjective. Only you know when you feel healthy and what feels good for you may be different for someone else. Being healthy does not necessarily mean being fit for sport or exercise.

Being **healthy** means being able to do what you want and need to be able to do. There are some who argue that moderate activity is more beneficial in the longer term. Certainly there is no need to torture your body to maintain a good level of health and feel the positive effects of exercise.

The following activity looks at the way we understand health and fitness and how that relates to well-being.



### Activity 1: What is health?

Keith aged 42: "I've had asthma since I was little. In fact I can't remember a time when I wasn't using an inhaler. About two years ago I started to go walking. It was the dog that first got me out. Now we tackle three or four mile walks most weekends and I try to walk every day for at least half an hour.

"I've never felt so healthy even though I get very out of breath. I enjoy getting out in the fresh air and I meet all sorts of people."

How healthy do you consider Keith to be?

How do you think Keith's well-being has improved since he started regular walking exercise?

As you can see from this example Keith has an illness, and may not be as healthy as a person without asthma, but he has found a positive way to increase his well-being.

He sounds like he has a positive feeling about himself and his environment and that his needs are being met.

Being healthy is not always a straightforward matter of being without disease or infirmity. Consider your own health.



### Activity 2: How healthy are you?

How healthy are you? Try to identify what makes you healthy.

What could improve your health?

What could improve your well-being?

The way you feel will be dependent on how you have felt in the past, whether you are coping with illnesses and whether you want to make big changes in your life. These may vary through life.

The most common ways to improve your health or well-being are to:

- become more active
- become more involved with others socially
- eat and drink appropriately.



### Activity 3: How active are you?

From your past week write down the different types of activity you have done and also include why you did them. Include any social aspects involved in any of the activities.

E.g. walking: – Taking the dog out in the evening

Activity	Reasons	Social aspects
walking – taking the dog out in the evening	The dog needs exercise and it gets me out of the house	I meet a lot of people regularly out on my walks

Exercise

Activity	Reasons	Social aspects

Review the positive elements of your exercise routine regularly; they may help to motivate you in the future. To gain the best effects from exercise and activity, you need to keep it up over a long period.

Nutrition and diet are examined in more detail in Unit 2. At this stage consider if you feel you need to make any changes to what you eat and drink to achieve the level of health that would improve your well-being.



### Activity 4: Changes to my diet

Think about your diet – what you normally eat and drink. What general changes would you make that would improve your health?

Your answers will depend on your current diet and the level of health and fitness you want to achieve. Remember that your perception of health may differ from the perception of others.

## Positive effects of physical activity

The physical and mental effects of physical activity will vary from individual to individual. Positive effects commonly cited are given here.

- Health benefits
- Relaxation
- Recreation
- Social contact
- 'Feel good' factor

### Health benefits

The Surgeon General in the United States tried to define the health benefits of activity and exercise.

- A physically active lifestyle throughout life results in significant health benefits.
- Regular, moderate exercise will help to reduce the life shortening effects of heart disease, cigarette smoking and obesity.
- A moderate amount of exercise can have a significant effect on an individual's general health and well-being.

Activity and exercise can also have the following effects.

### Relaxation

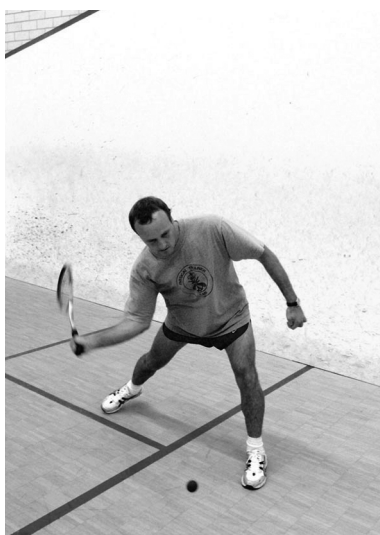
- Exercise can be therapeutic
- Creates contentment
- Provides physical pleasure
- Offers spiritual well-being

### Recreation

- Time - making valued use of time
- Opportunity to realise potential
- Mental enjoyment
- Mental and physical challenge or stimulation

### Social enjoyment

- Self-fulfilling/satisfaction
- Social
- Education
- Competition



**'Feel good' factor**

- Influences the way you feel
- Makes you feel happy or smile
- Changes your mood when you are feeling down

These are all things that tend to make people feel positive about participating in exercise.

**Activity 5: Benefits of physical activity**

Using the list below place a tick against the factors that are important to you in physical activity. In the spaces below add any other benefits or factors that help to maintain your interest in exercise.

Benefits of physical activity	Important to me
<b>Health benefits</b>	
● A physically active lifestyle throughout life results in significant health benefits.	<input type="checkbox"/>
● Regular, moderate exercise will help to reduce the life shortening effects of heart disease, cigarette smoking and obesity.	<input type="checkbox"/>
● A moderate amount of exercise can have a significant effect on an individual's general health and well-being.	<input type="checkbox"/>
<b>Relaxation</b>	
● Therapeutic	<input type="checkbox"/>
● Creates contentment	<input type="checkbox"/>
● Provides physical pleasure	<input type="checkbox"/>
● Offers spiritual well-being	<input type="checkbox"/>
<b>Recreation</b>	
● Time – making valued use of time	<input type="checkbox"/>
● Opportunity to realise potential	<input type="checkbox"/>
● Mental enjoyment	<input type="checkbox"/>
● Mental and physical challenge or stimulation	<input type="checkbox"/>
<b>Social enjoyment</b>	
● Self-fulfilling/satisfaction	<input type="checkbox"/>
● Social	<input type="checkbox"/>
● Education	<input type="checkbox"/>
● Competition	<input type="checkbox"/>
<b>'Feel good' factor</b>	
● Influences the way you feel	<input type="checkbox"/>
● Makes you feel happy or smile	<input type="checkbox"/>
● Changes your mood when you are feeling down	<input type="checkbox"/>

**Activity 5** *continued***Other benefits**

From your responses you can begin to understand the main reasons that you have stayed physically active. You will also see all the reasons you appreciate the effects of exercise and how you feel about taking part.

**How much activity is enough?**

Physical activity (at least **30 minutes most days for adults** and **60 minutes every day** for children) is crucial for good health. Physical activity is especially important for children if they are to grow into healthy adults.

To promote and maintain health, all healthy adults aged 18 to 65 years need moderate-intensity aerobic (endurance) physical activity for a minimum of 30 minutes on five days each week or vigorous-intensity aerobic physical activity for a minimum of 20 minutes on three days each week.

**Key point** 

**There is evidence to suggest that if you can keep up your activity levels over a long period your risk of some health problems can be reduced.**

**Activity 6: Why people don't exercise**

It is easy enough to lose exercise habits. Can you think of the main reasons why people don't exercise?

Compare your answers with the examples provided at the end of this unit, see page 68.

The British Heart Foundation has some useful recommendations about the amount and types of activity that will benefit your body.

#### How much physical activity should I aim to do?

To help protect against coronary heart disease, you need to aim for a constant level of fitness. You can achieve this with regular activity. You should aim to be active at least five days a week for 30 minutes, which can be broken up into 15-minute periods. You need to be active enough to feel warm and slightly breathless but still be able to have a conversation with someone whilst being active. You can gradually build up the amount of activity you do on a daily basis. It's also important to choose a type of activity that you enjoy then you will be more likely to incorporate it into your daily routine.

#### What sort of activity should I do?

Aerobic exercise or an activity that increases the heart rate and circulation such as brisk walking, swimming or cycling are good forms of cardiovascular exercise. Once a certain level of fitness is achieved, you could try activities such as tennis, rowing and badminton, although strenuous activity such as press ups, squash and weightlifting may not be suitable for some people with heart disease. While they are good at building up isolated muscle groups, they could increase blood pressure and put the heart under too much strain.

Source: British Heart Foundation – <http://www.bhf.org.uk/questions/index.asp>

## Lifestyle diseases

Exercise can help to reduce the chance of suffering from a range of lifestyle diseases. The following are the key ones.

### **Heart disease**

**Coronary heart disease** (CHD), includes angina, heart attacks and coronary thrombosis and is the end result of fatty layers forming on the walls of the arteries that supply the muscles of the heart. Most people with coronary heart disease show no evidence of disease for many years before the first symptoms are noticed. There may be no symptoms other than a heart attack. When the artery becomes so constricted that there is no room for the blood to flow it may rupture or limit the blood flow to the heart muscles.

There is good evidence that regular exercise can have a positive effect on the heart. In particular cardio-respiratory activities like jogging, cycling and swimming will improve the efficiency of heart



## **Unit 1 assessment**

### **Understanding health and exercise**

**Please peel off the assessment and complete each question.  
Staple together with this header sheet and return it to your tutor/assessor.**

#### **ADVICE TO ALL CANDIDATES**

- Please complete your personal details and candidate statement below.
- Complete all questions in this assessment.
- Write your answers in the spaces provided. Add any additional work for any of the questions on plain paper and attach to this assessment.
- You do not need to return your completed activities in the unit – just this assessment.
- If you require any assistance or guidance please contact your tutor/assessor.

#### **PERSONAL DETAILS**

Name \_\_\_\_\_

Contact address \_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Telephone no. (evening) \_\_\_\_\_ (day) \_\_\_\_\_

Email (home) \_\_\_\_\_ (work) \_\_\_\_\_

#### **CANDIDATE STATEMENT**

I certify that I have read Unit 1 and completed all sections in this assessment.

I confirm that this is my own work.

Signature \_\_\_\_\_ Date \_\_\_\_\_

For office use only
Candidate ref:
Assessor:
IV:

Passed
Date
Re-submit
Date

Tutor feedback:
Written <input type="checkbox"/>
Telephone <input type="checkbox"/>
Personal tutorial <input type="checkbox"/>

It is crucial that while completing this paper you understand the difference between the different depths of answers you will be required to provide. Please use the box below to help you understand how you should answer the questions.

**Identify** = list or point out the correct answer

**Describe** = show your understanding by giving a brief statement

**Explain** = show a good depth of knowledge by explaining why or how or using an example

**Assessment 01: Understanding health and exercise**

The reference in brackets at the end of each task refers to the learning outcome within the syllabus of this qualification.

If you need more space to answer a question, use a separate sheet of paper and attach it to this assessment when completed. Remember to put your name on the paper and which question(s) it relates to.

**Assessment 1.1: Understand the concepts of health and well-being**

**1. Give a definition of 'health'. (Hint: Include physical, mental, social aspects in your answer.) (1.1)**

**2. Give a definition of 'well-being'. (Hint: Include mental aspects and feelings towards yourself in your answer.) (1.1)**

**3. There are five main positive effects on health and well-being. What are these effects? (1.2)**

a)

b)

c)

d)

e)

**4. a) A friend of yours wants to take part in physical activity. This person has never taken part in physical activity before and doesn't know how much activity to do or what activities might be best for them. How much activity would you advise this person to do a week? (1.3)**

**b) What activities would you advise this person to do?**