***Unit 14: Exercise, Health & Lifestyle***

***Part 1: Lifestyle factors in the maintenance of health & well-being***

*Physical Activity*

Recommendations

What are the daily recommendations and guidelines for children and young people (5-18 years) as stated by the department of health?

What are the daily recommendations and guidelines for adults (19-64 years) as stated by the department of health?

Benefits of physical activity

Explain what each benefit is and why regular physical activity provides each of the following benefits:

What is coronary heart disease and why does exercise reduce the risk of it?

What is a stroke and why does exercise reduce the risk of it?

What is type 2 diabetes and why does exercise reduce the risk of it?

What BMI indicates a healthy weight to height and why does exercise help to maintain a healthy weight?

Give some examples of everyday tasks. Why does exercise help the ability to perform everyday tasks with ease?

What is self-esteem and why does exercise improve self-esteem?

What are depression and anxiety and why does exercise reduce the symptoms of depression and anxiety?