

## **Chapter 6 Notes – Physical Fitness for Life**

### *Physical Fitness and Your Health*

#### **The Benefits of Being Physically Active**

- Physical fitness is the ability of the body to carry out daily physical activities without getting out of breath, sore, or overly tired
- Exercise is an excellent way of keeping a high level of activity in your daily life
- Exercise is any physical activity that improves or maintains physical fitness

#### **Stay Active, Stay Alive**

- A chronic disease is a disease that develops gradually and continues over a long period of time
- A chronic disease can take a long time to treat
- Examples of chronic diseases related to lifestyle include cardiovascular (heart) disease, stroke, high blood pressure, type 2 diabetes and certain forms of cancer

#### **Physical Benefits**

- Leading an active lifestyle also has many physical benefits
- Most people feel that exercising improves their appearance and makes them feel good about themselves
- Exercise also leads to many improvements within your body
  - o The heart and lungs get stronger
  - o Blood cholesterol levels are kept within a healthy range
  - o Building muscular strength and endurance and also flexibility of our joints makes our muscles more efficient at controlling our movements
  - o A good ratio of muscle mass to fat mass is maintained
  - o Metabolic rate is increased
  - o More calories are burned because of an increase in muscle mass

#### **Mental Benefits**

- Many people use regular exercise as a way to feel good mentally
- Regular exercise has positive effects on feelings of depression and anxiety
- Exercise can help reduce your stress levels and help you sleep better
- Exercise takes your mind off of your worries and causes the release of certain body chemicals called endorphins. Endorphins can give you a feeling of wellness and happiness

#### **Social Benefits**

- Many people feel increased self-esteem as they exercise to stay fit
- Engaging in physical activity is also an opportunity to socialize with others who have the same interests

# Physical Fitness For Life Answer Key

**H Kauffman**



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