

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

Allen W. Jackson



Physical Fitness For Life Answer Key:

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