

# Health and well-being definitions

## Health is:

*‘A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.’*

(World Health Organization, 1946)

## Well-being is:

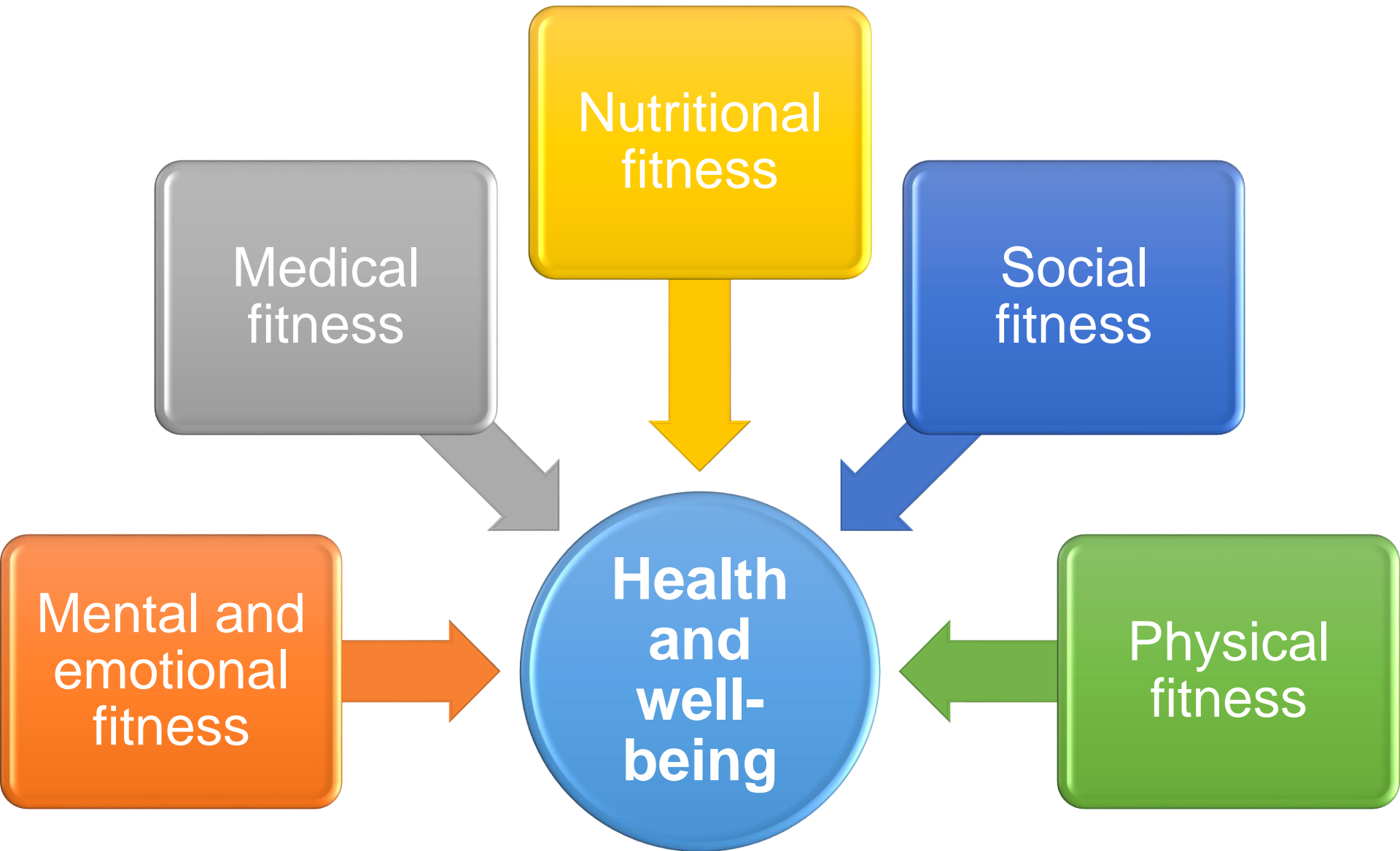
*‘The state of being comfortable, healthy or happy.’*

(Oxford English dictionary, 2014)

**Also known as ‘total fitness’.**

**Active iQ**

# Components of total fitness



# Components of total fitness

## Physical fitness

The well-being of the body systems, including the heart, lungs, muscles, bones and joints. It covers health-related and skill-related components.

## Mental and emotional fitness

The well-being of the mind; a positive mental state and harmony between the mind and emotions. It includes a person's ability to manage stress.

## Medical fitness

Being free from injury, chronic disease and illness.

## Nutritional fitness

Having access to healthy food; eating a healthy diet with a balanced nutritional intake for fuel, growth and repair.

## Social fitness

Having healthy interactions and relationships with others.

# Factors that affect health and well-being

## Non-controlled factors

- Genetics.
- Age.
- Gender.

## Controlled factors (lifestyle behaviours)

- Activity levels.
- Diet.
- Smoking.
- Alcohol and drugs.

# Impact of lifestyle choices



**Reduce risk of all the conditions opposite.**  
**Improved functional capacity.**  
**Improved quality of life.**  
**Reduce risk of premature death.**  
**Improved confidence.**



**Coronary heart disease.**  
**Mental health.**  
**Diabetes (type 2).**  
**Obesity.**  
**Cancer.**  
**Osteoporosis.**  
**COPD.**  
**Stroke.**

# How much physical activity?

How much activity or exercise would you need to do to maintain and improve health and well-being?

Use the FITT principles to formulate your answer:

**F**requency.

**I**ntensity.

**T**ime.

**T**ype.



**Active iQ**

# Physical activity recommendations for health

150 minutes of **moderate**-intensity aerobic activity every week.

Or

75 minutes of **vigorous**-intensity activities.

Or

An equivalent combination of both.

Plus

- At least two days a week of muscular strength and endurance training.

*Move more often, sit down less.*

# Intensity descriptions

- **Light activity** – little or no exertion. Does not normally cause a noticeable change in breathing.
- **Moderate activity** – sustained, rhythmic movement that leaves a person feeling warm and slightly out of breath.
- **Vigorous activity** – sustained, large muscle movements at 60–70% MHR, that make a person sweaty and out of breath.

