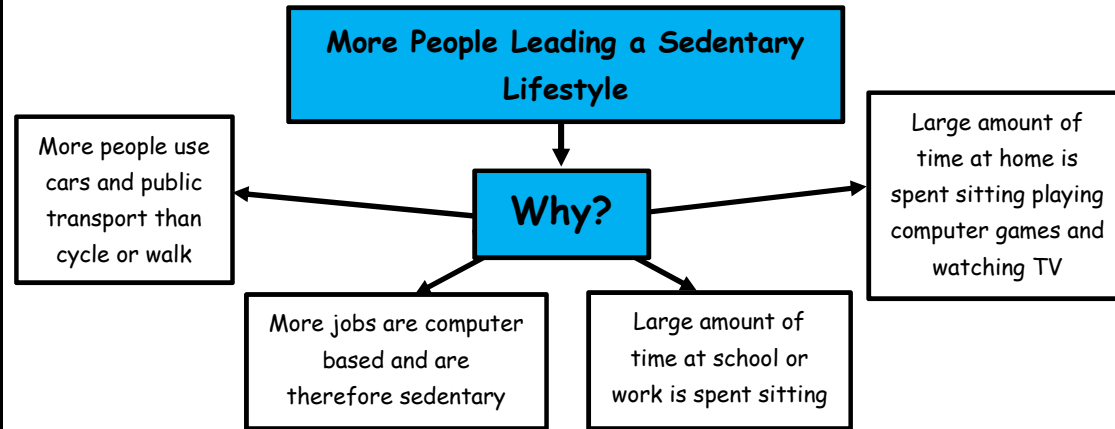


Component 2 The Consequences of a Sedentary Lifestyle

The consequences of a sedentary lifestyle

Sedentary lifestyle = A lifestyle is a lifestyle where there is little or no exercise

A sedentary lifestyle is doing less than 30 minutes physical activity per week. Sedentary behaviour refers to activities that use little energy such as watching Tv, playing computer games or sitting down. It is reported that British people on average sit for nearly 9 hours per day.



Health risks associated with a sedentary lifestyle

Health risk	Explanation
Obesity	Due to inactivity and a reduction in metabolic rate
Depression	Being overweight or obese can lead to poor self-esteem and lack of confidence
Osteoporosis	Due to lack of weight bearing exercise
Poor muscle tone & posture	Due to inactivity muscles are weak
Type 2 diabetes	Being overweight can increase the risk of developing type 2 diabetes
Heart disease and stroke	High blood pressure and cholesterol increase the risk of a heart attack and a stroke



Impact on sedentary Lifestyle on weight

Overweight

- The term overweight means you weigh more than the expected weight for your height and sex
- You can be overweight but not over fat. Elite athletes may be overweight due to muscle girth and bone density
- Being overweight is not harmful unless it is accompanied with being overfat



Overfat

- The term overfat means you have more body fat than you should have
- It is possible to be overfat but not overweight, Inactive people may have little muscle girth and a low bone density
- Being overfat can lead to health problems such as: high blood pressure and high cholesterol levels



Obese

- The term obesity is used to describe people who are very overfat
- Body fat has increased to a level that is seriously unhealthy
- High levels of body fat can lead to: mobility issues, lack of flexibility, stress on bones and joints, heart disease, type 2 diabetes, depression and a low self-esteem



The impact on sustained involvement in physical activity

- Health problems such as heart disease will prevent you from taking part in strenuous exercise
- If you become too tired, immobile, or have difficulty walking or running, this will affect your ability to take part in physical activity

