

Positive lifestyle factors and their effect on health and well-being

KG 1 – Benefits of exercise

Physical		Economic	
1.	Strengthens bones	9.	Reduces NHS costs
2.	Improves posture	10.	Creates employment
3.	Improves body shape	11.	Reduces absenteeism from work
4.	Reduces risk of CHD	Psychological	
5.	Boosts energy levels	12.	Improves concentrations
6.	Improves flexibility and balance	13.	Relieves stress
Social		14.	Reduces depression
7.	Encourages social interaction and social skills	15.	Improves sleep
8.	Increases confidence / self-esteem		

KG 2 - Government recommendations

16.	<p>Exercise Children: 60 minutes a day Activity across the week to develop movement skills, muscular fitness, and bone strength. Adults: 150 minutes a week, days a weeks improving strength.</p>
17.	<p>Calorie Intake Men – 2,500 Women – 2,000</p>
18.	<p>Fluid Intake: 2-2.5 litres of water a day (moderation of caffeine intake)</p>
19.	<p>Alcohol: 14 units a week</p>
20.	<p>Sleep: 8 hours</p>

KG 3 - Benefits of a healthy balanced diet

21.	Improves immune system
22.	Maintain healthy weight
23.	Reduced risk of chronic diseases – diabetes, osteoporosis, hypertension and high cholesterol

KG 4 - Strategies for improving dietary intake

24.	Timing of meals
25.	Eating less/more of certain food groups
26.	Five a day
27.	Reducing salt intake
28.	Healthy alternatives

KG 5 - Positive risk-taking activities

29.	Participation in outdoor and adventurous activities
30.	Endorphin release
31.	Improves confidence
32.	Reducing salt intake
33.	Healthy alternatives

Negative lifestyle factors and their effect on health and well-being

KG 6 - Smoking, health related risks		KG 8 - Sleep and Stress		KG 10 - Interpreting screening information	
34.	Cancer	Long term effects of stress:		53.	Blood Pressure Ideal blood pressure: 120/80mmHg High blood pressure is 140/90mmHg or higher
35.	Lung disease	44.	Stomach ulcers		
36.	Increase risk of heart attacks and strokes	45.	Heart disease / heart attack	54.	Resting heart rate Heart beats per minute. Average ranges: Males is 68 bpm Females is 72 bpm
37.	Infertility	46.	Angina		
38.	Chronic Obstructive Pulmonary Disease (COPD)	47.	Hypertension	55.	Body Mass Index (BMI) <18.5 – Underweight 18.5-24.9 – healthy 25-30 – above healthy recommendation >30 – classed as being obese.
<i>Every years, around 100,000 smokes in the UK die from smoking related causes.</i>		Effects of poor sleep:			
		48.	Poor mental health	56.	Waist to hip ratio test Can determine levels of obesity. Divide waist in cm by hips in cm. Average ranges: Male – 0.90-0.95 Female – 0.80-0.86
		49.	Memory problems		
		50.	Poor immune system	Exam Q – Key word	
		51.	Overeating	Interpretation Learners are able to draw the meaning, purpose or qualities of something from stimulus.	
		<i>The NHS recommend 8 hours of good quality sleep a night for the body to function properly.</i>			
KG 7 - Alcohol, health related risks		KG 9 - Sedentary Lifestyle			
39.	Liver damage	52.	Health risks associated with inactivity		
40.	Weight gain				
41.	Brain Damage				
42.	Hypertension (High blood pressure)				
43.	Depression				
<i>Men and women are advised not to regularly drink more than 14 units in a week.</i>					