

Unit 1: Healthy Active Living

Chapter 1

Wellness and Healthy Active Living

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Key Terms

- healthy active living
- wellness
- wellness-awareness continuum
- healthy lifestyle
- overweight
- obesity
- fitness
- health-related fitness
- skill-related fitness
- Medicare
- Canadian Physical Activity Fitness & Lifestyle Approach (CPAFLA)
- Health Benefit Zones

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Chapter 1-2
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What is Wellness?

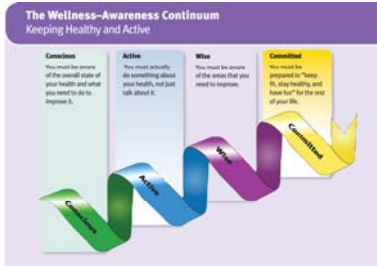
- Health conscious
- Health active
- Health wise
- Health committed

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Chapter 1-3
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The Wellness-Awareness Continuum



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What is Healthy Active Living?

- Good physical health
- Good mental health
- Good social health
- Good spiritual health



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Maintaining a Healthy Weight

- Health risks of carrying excess weight:
 - Hypertension (high blood pressure)
 - Type II diabetes
 - Osteoarthritis
 - Sleep apnea
 - Cancer
- Active Living: spend 30 minutes every school day on physical activities with at least 10 minutes involving vigorous activities
- Healthy Eating: choose a balanced food plan that includes three or more meals per day that target all food groups

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What Is Fitness?

- Health-Related Fitness:
 - Cardiorespiratory fitness
 - Muscular strength
 - Muscular endurance
 - Flexibility
 - Body Composition
- Skill-Related Fitness:
 - Agility
 - Balance
 - Coordination
 - Power
 - Reaction time
 - Speed

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Health Canada and You

- The Health Card
- Assessing the Nation:
 - Canadian Physical Activity, Fitness & Lifestyle Approach (CPAFLA)



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Chapter 1.8
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Why Take Health and Physical Education?

- Learn and develop new activity skills
- Make better decisions about your health now and as you grow older
- Improve your physical, mental, social, and spiritual health
- Get more opportunities to be active
- Learn to be educators and leaders

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Choosing to Participate

- Be on time
- Dress appropriately for class
- Play fair
- Play safe
- Practise good social skills
- Have fun!

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