



UNIT 2: HEALTH, EXERCISE, FITNESS AND PERFORMANCE.

1. Health.
2. Exercise.
3. Fitness.
4. Performance.
5. Vocabulary.
6. Key words: health, healthy, exercise, fitness, to be fit, performance, disease, infirmity, take part, illness, hypokinetic diseases, heart disease, high blood pressure, back pain, couch potato, keep on fit,

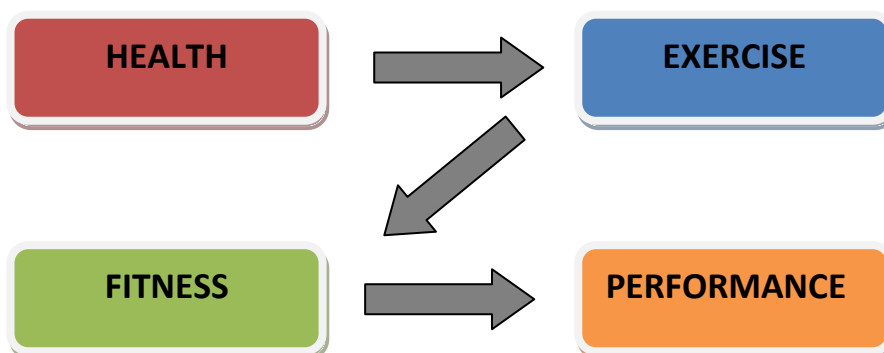
OBJECTIVES:

Understand the terms:

- Health
- Exercise
- Fitness

And understand how they relate to performance in physical activities and a healthy lifestyle.





As you can see in this graphic, exercise improves health and develops fitness, which enhances performance in physical activities. Through this unit you will learn how:

- Health
- Exercise
- Fitness
- Performance

relate to each other and how they are defined.

1. HEALTH.

HEALTH: a state of complete mental, physical and social wellbeing and not merely the absence of disease and infirmity.

Health is not merely the absence of disease and **infirmity**. It is a positive state of complete mental, physical, and social wellbeing. You can improve your health by taking part in different activities such as running, swimming, walking, playing tennis and so on. This should allow people to lead an active life living more comfortable. Regular exercise also helps to keep people healthy by preventing **illness**.





2. EXERCISE.

EXERCISE: a form of physical activity which maintains or improves health and/or physical fitness.

Problems caused by lack of exercise have increased. Such conditions are called **hypokinetic diseases** which include:

heart disease



high blood pressure



back pain



These **hypokinetic diseases** can be relieved doing exercise. Exercise is **able** to reduce stress and tension; it can distract people from their everyday lives. **Taking part** in exercise also increases fitness levels which has a number of different benefits.



So guys, if you do not want to become a **couch potato**, please **KEEP ON FIT**.



3. FITNESS.

FITNESS: ability to meet the demands of the environment.

To most people, being fit means being **able** to **cope** with the demands of everyday activities, such as school, college, work and housework. However people exercise to improve their fitness participating in sport and physical activities at a higher level, **therefore** fitness contributes to **gain** performance.



For example, football players who are fit can run **further** and faster, resist more **tackles**, hit more good shots and get into better gymnastic positions.





4. PERFORMANCE.

PERFORMANCE: how well a task is completed.

Performance is **taking part** in an activity to the **best of one's ability**, **whether** it is Sunday morning basketball with your colleagues or playing in the NBA, playing tennis at the local club or competing at Wimbledon. Players at every level must exercise to keep themselves fit and enhance their performance.



5. Vocabulary.

Back pain: dolor de espalda

Best one's ability: aportando lo mejor, rindiendo al máximo

Cope: /kəʊp/ arreglárselas, poder

Couch potato: persona sedentaria que está tirada todo el día en el sofá sin hacer nada

Further: /'fɜːrðər/ más

Gain: /geɪn/ (fuerza, velocidad, terreno, tiempo) ganar

Heart disease: enfermedad cardiovascular



High blood pressure: presión arterial alta

Hypokinetic diseases: enfermedades relacionadas con el sedentarismo (falta de actividad física)

Illness: / 'ɪlnəs / enfermedad *f*, dolencia

Infirmary: [ɪn'fɜ:mɪtɪ] enfermedad, debilidad

Keep on fit: mantenerse en forma

Tackle: / 'tækəl / (fútbol) entrada, (rugby) placaje

Take part: participar

Therefore: ['ðeəfo:r] por lo tanto, por eso

To be able: ser capaz de ...

Whether: / 'weðə(r) / Conjug: si



