

Skills for Living

Frances Baynor Parnell



by
Yvonne Gentzler, Ph.D
Liz Romero, Ph.D.



Goodheart-Willcox Co., Inc.
Tinley Park, Illinois

Chapter 2

Your Health and Fitness

- In this chapter, you will learn



Topic 2-1

Your Physical Fitness

- In this topic, you will learn about your physical fitness, as well as
 - ❖ **The importance of good health**
 - ❖ **Being physically active**
 - ❖ **The importance of leisure activities**
 - ❖ **The importance of sleep**
 - ❖ **The importance of personal hygiene**

Your Physical Fitness

Objectives for Topic 2-1

After studying this topic, you will be able to

- explain why good health is important
- describe two areas on which physical activity should focus
- use suggestions for getting adequate sleep
- determine good grooming practices

Topic 2-1 Terms

- ❖ physical wellness
- ❖ physical fitness
- ❖ aerobic capacity
- ❖ insomnia
- ❖ grooming

The Importance of Good Health



- ***Physical wellness*** is a state of health in which the body is able to fight illness and infection and repair damage
- ***Physical fitness*** refers to the condition of your body

The Importance of Good Health

- Good health can affect you in a number of ways, including your
 - ❖ ability to succeed at school
 - ❖ career achievement
 - ❖ personal and family life

Being Physically Active

- Physical activity
 - ❖ improves blood circulation
 - ❖ increases lung capacity
 - ❖ relieves stress, boredom, and depression
 - ❖ helps build strength and flexibility
 - ❖ helps weight management
- You should get at least 60 accumulated minutes of activity every day

Aerobic Capacity

- *Aerobic capacity* is a measure of the condition of your heart and lungs
- People who enjoy a high aerobic capacity have a lower pulse rate than people who are out of shape
- The faster your pulse rate returns to normal after activity, the higher your aerobic capacity

Muscle Strength and Flexibility

- Muscle strength relates to your muscles' ability to work
- Muscle flexibility refers to your range of motion



The Importance of Leisure Activities

- Leisure is freedom from chores, homework, and other responsibilities
- Enjoyable activities cause the brain to release chemicals that create a sense of well-being
- Leisure time also helps relieve stress

The Importance of Sleep

- People who lack sleep may become irritable or show a decline in muscle coordination

- ❖ *Insomnia* is the inability to get the amount of sleep you need when you need it



The Importance of Sleep

- Make physical activity a part of your daily routine
- Establish regular times for going to bed and waking up
- Do relaxing activities right before bedtime
- Use your bed strictly to sleep
- Don't drink caffeinated beverages before bedtime
- Drink a glass of warm milk before going to bed
- Choose a comfortable mattress
- Keep your bedroom's temperature moderate

Did You Know...

- Factors that cause insomnia can be physical, psychological, or environmental
 - ❖ They can include
 - stress
 - inactive behavior
 - noise
 - light
 - sleep-related breathing disorders
 - gastroesophageal reflux

The Importance of Personal Hygiene



- *Grooming* means cleaning and caring for the body

Basic Hygiene

- Cleanse your whole body every day
- To control body odors, use deodorant or antiperspirant

Caring for Your Skin

- Your face is likely to be the first feature people notice about you, so skin care is important
 - ❖ Know your skin type
 - ❖ Know how to care for your skin
 - ❖ Practice good skin care



Did You Know...

- About a third of teenagers with severe acne seek treatment from a medical professional
- This is only about half of the teens who would actually like to seek medical treatment

Source: American Academy of Family Physicians

Your Skin and the Sun

- Sun damages your skin and is a leading cause of skin cancer
- To protect yourself from the sun
 - ❖ stay out of the sun when rays are strongest
 - ❖ wear long sleeves, pants, and hats
 - ❖ apply a good sunscreen to exposed skin

Caring for Your Teeth

- Get regular dental checkups
- Brush at least twice daily
- Floss at least once daily



Caring for Your Hair



- Hair care is basic to a healthy, attractive appearance
- Hair care involves shampooing, conditioning, and styling
- Your hairstyle should be suited to your lifestyle and activities

Summary for Topic 2-1

- It is important to take an active role in keeping yourself physically fit
- Maintaining good health can have a positive effect on your school, work, and family life
- Getting daily physical activity that improves aerobic capacity and builds muscle strength and flexibility will help you stay in shape

Summary for Topic 2-1

- Enjoying leisure activities and getting adequate sleep will help you perform at your highest level
- Your daily grooming routine will affect your appearance and health