

Healthy lifestyle promotion

Level 2 Lifestyle and health
awareness management

Learning outcomes

By the end of this session you will be able to:

- Define the components of health and skill-related fitness
- Describe the benefits of a healthy, active lifestyle
- Describe the implications of obesity in the UK
- Describe how physical activity/exercise can help prevent common health conditions
- Identify ways in which an instructor could communicate the benefits of a healthy lifestyle to clients

Learning outcomes

By the end of this session you will be able to:

- Identify when an instructor should refer a client to another professional regarding their health and wellbeing
- Identify the relevant professionals an instructor could refer a client to regarding their health and wellbeing
- Describe how technology can assist in a clients' journey towards a healthy lifestyle

Defining health and fitness

According to the World Health Organisation

‘Health is a state of complete physical, mental and social well being; not merely the absence of disease or infirmity’



(WHO, 1946)

Defining health and fitness

The term 'fitness' refers to the ability to meet the demands of life safely and effectively, without exhaustion or undue stress

Fitness is a multi-dimensional concept and the level of fitness in one area can influence other aspects of 'total health' including, emotional, mental, social, medical, nutritional, spiritual and physical

Defining health and fitness

Physical activity is defined as any bodily movement produced by skeletal muscles that require energy expenditure



Health-related fitness

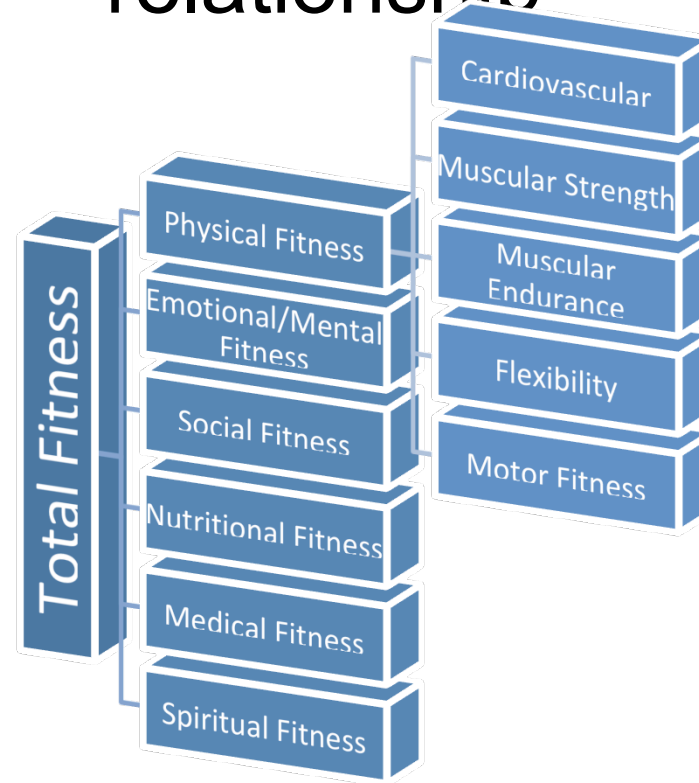
Health-related fitness is the capacity to combine all aspects of fitness to facilitate positive health and maintain optimal quality of life

This is often referred to as ‘total fitness’

Health-related fitness

Physical fitness is unique among the components of 'whole health' as it is accepted that physical fitness can have a beneficial impact on ALL other aspects of 'total fitness'

Total fitness and physical fitness relationship



The components of total fitness

- **Emotional and mental** – wellbeing, the ability to think clearly and constructively
- **Social** – ability to interact, communicate and form relationships with others
- **Medical** – state of health and absence of disease

The components of total fitness

- **Nutritional** – eating a well balanced diet
- **Spiritual** – attitude, honouring ones own and others human values
- **Physical** – a combination of attributes that allows you to function effectively, to enjoy leisure and to cope with emergencies

The components of physical fitness

- Flexibility
- Motor skills
- Cardiovascular fitness
- Muscular fitness
- Muscular endurance



The components of physical fitness

- **Flexibility** - the ability of a joint or joint complex to work to its full range of movement
- **Motor skills** - the ability to perform a range of skills such as balance, coordination, speed, agility, power and reaction time
- **Cardiovascular fitness** - the ability of the heart and lungs to take in, transport and utilise oxygen
- **Muscular strength** - the ability of a muscle or group of muscles to use maximum force
- **Muscular endurance** - the ability of a muscle or muscle group to perform continual repetitions

Skill-related fitness

- Agility
- Speed
- Coordination
- Reaction time
- Balance
- Power



Factors influencing health and fitness

Health, physical fitness and training potential are determined by several variables including:

- Genetic Factors (heredity, body type)
- Gender
- Age
- Lifestyle factors (everyday activity, health status, lifestyle habits, diet)

The benefits of a healthy, active lifestyle

Health behaviours which offer the greatest potential to improve health and reduce morbidity associated with chronic health conditions include:

- Smoking cessation
- Reducing alcohol and drug misuse
- Healthy eating
- Reducing inactivity
- Managing stress
- Improving the quality of sleep

Factors influencing health and fitness

Leading a sedentary lifestyle has an impact on health equivalent to that of smoking and increases the risk of many chronic conditions

Many of these health conditions can be prevented by physical activity/exercise

Health conditions that may be prevented by physical activity/exercise

- Cardiovascular disease (high blood pressure, high cholesterol, stroke, coronary heart disease)
- Musculoskeletal conditions (osteoporosis, low back pain)
- Mental health conditions (depression and anxiety)
- Obesity
- Type 2 diabetes
- Some cancers

Benefits of physical activity and exercise

- Stronger heart muscle, improved circulation
- Stronger muscles and bones and improved bone density
- Strengthening the immune system
- Assisting the management of chronic diseases
- Cutting risk of premature death and the development of chronic disease
- Reduced risk of falls, improved functional capacity (older people)
- Weight loss and weight management
- Psychological wellbeing
- Quality of life and general wellbeing

The implications of obesity

Defined as 'abnormal or excessive fat accumulation that may impair health caused by an imbalance between energy in and energy expenditure.

Influences include:

- Lifestyle
- Genetics
- Medical conditions
- Medication



The implications of obesity

The environment has a major influence on an individual's lifestyle

'Obesogenic environments' are places, often urban, that encourage unhealthy eating and inactivity



The implications of obesity

All of the following have implications for obesity:

- Cars
- TVs
- Computers
- Desk jobs
- Long-working hours
- High-calorie food
- Food marketing



The implications of obesity

Obesity is classified by the assessment of Body Mass Index (BMI)

More recently, research has suggested that waist circumference has a closer association with morbidity and mortality. At present, however, waist measurements are not routinely taken although more health practitioners are doing so

The prevalence of obesity

According to NICE and the NHS, in the UK:

- 26% of men and women are obese (BMI over 30 kg/m²)
- 68% of men and 58% of women are overweight or obese (BMI over 25 kg/m²)
- Obesity levels have more than trebled in the last 30 years
- Current estimates show that more than half the population could be obese by 2050

Communicating the benefits of healthy lifestyles

- Approach clients with relevant healthy lifestyle information that would benefit them
- Create handouts/newsletters/information boards for clients
- Lead information sessions for clients on the benefits of making lifestyle behaviour changes
- Provide credible, evidence-based information
- Signpost clients to relevant products/services
- Explain how to include everyday physical activities as part of a client's lifestyle to complement exercise sessions

Referring clients to other professionals

An instructor should refer a client to another professional regarding their health and wellbeing for the following reasons:

- Instructor limitations
- Seeking further information relating to client needs
- Obtaining medical clearance
- Alternative professional services that may be more appropriate or support the client's needs

Referring clients to other professionals/services

- Alcohol and smoking cessation and support services
- Alternative therapy practitioners
- Chiropractor/osteopath/physiotherapist
- Counselling services
- Dietitian
- Exercise referral instructors/ schemes
- Self-help groups
- Specialist instructors (low-back pain, falls prevention, mental health, obesity and diabetes)
- Sports massage therapist / sports therapists
- Other qualified instructors (yoga, Pilates, running club, PTs)

Using technology as a healthy lifestyle tool

Technology can be used to support clients towards a healthy lifestyle in the following ways:

- Recording, monitoring and motivating activity using wearable technology (trackers, phone apps)
- Improving performance specialised footwear or enhanced equipment
- Allowing activities in environments, such as artificial ski slopes, surfing simulators, virtual reality golf
- Using improving surfaces, such as sprung floors, sports pitches
- Monitoring intensity of exercise using wearable tech such as heart rate watches/monitors.