

**Oberlin High School
Physical Education Department
Grade 9**

Topic: Lifestyle

Subtopic: Healthy Lifestyle

Instruction: Please write these notes in your Physical Education book and ensure you complete all the activities given.

Read carefully and observe the due date given for assignments. It will be communicating to everyone when and how assignment will be marked.

Activity1. Using your family as an example (5 family members), give five (5) healthy and unhealthy lifestyle practices by each of them. **Nb: Your answers should not include any of the examples that is mentioned in the notes below.**

Activity 2. Explain ways in which the Covid-19 pandemic has affected or inspired healthy lifestyle practices among Jamaicans.

A **healthy lifestyle** is one which helps to keep and improve people's health and well-being. ... **Healthy** living is a lifelong effect. The ways to being **healthy** include **healthy** eating, physical activities, weight management, and stress management.

Lifestyle is a way used by people, groups and nations and is formed in specific geographical, economic, political, culture and religious text. Lifestyle is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviors and functions of individuals in job, activities, fun and diet.

Good nutrition is an **important** part of leading a **healthy lifestyle**. Combined with physical activity, your diet can help you to reach and maintain a **healthy** weight, reduce your risk of chronic diseases (like heart disease and cancer), and promote your overall health.

Healthy Living is about making **healthy** choices every day; **healthy** choices that keep us fit physically, mentally and spiritually. Eating well, being physically active and not smoking are three of the best things we can do to stay **healthy**.

"**Health** is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Unhealthy lifestyle - Choices people often make daily that can negatively impact their health. These include:

- **Exercise less.**
Exercise not only melts stress away, but it also helps protect against heart disease by

lowering blood pressure, strengthening the heart muscle and helps you maintain a healthy weight. It also releases mood-boosting chemicals called endorphins.

- **Eat junk food.**

When you are stressed, a burger or pizza may sound good at the time, but it is important to know what these types of foods are doing to your body over time. These foods are high in sodium and fat, which the American Heart Association (AHA) recommends avoiding. Consider swapping out fast food for whole grains, lean meats, nuts, fruits, and vegetables.

- **Sleep less.**

Sleeping too little can overwork your heart and can cause you to be more stressed. You can prevent heart disease by sleeping between seven and nine hours every night. You can help accomplish this by skipping that afternoon cup of Joe.

- **Smoke.**

When you smoke, you deprive your heart and blood of oxygen, which is vital for your body to function. Smoking also ignites the growth of plaque in your arteries. As plaque builds, it can block your arteries which may cause a blood clot. If the clot is big enough, it can block blood flow through your artery. This results in a heart attack or stroke.

- **Drink alcohol.**

Drinking excessively or consistently over time hurts your heart. The AHA recommends not exceeding two drinks per day for men and one drink per day for women. The more alcohol you consume, the higher your risk is for increased blood pressure and stroke.

Disease - Is a particular abnormal condition that negatively affects the structure or function of all or part of an organism, and that is not due to any immediate external injury

There are four main types of disease:

1. infectious diseases,
2. deficiency diseases,
3. hereditary diseases (including both genetic diseases and non-genetic hereditary diseases)
4. physiological diseases.

Diseases can also be classified in other ways, such as communicable and non-communicable diseases.

Communicable diseases- Are diseases, which can be transferred from one individual to another. Typically, it is caused by pathogens such as viruses, bacteria. For instance, diseases such as AIDS, malaria, dengue etc.

Non-communicable diseases- Are diseases which are not transmitted from one to another person. These are typically some of the allergies, nutrient deficiencies etc.