

The world health organisation defines health as “A state of complete physical, mental and social well-being and not merely, the absence of disease or infirmity.”

Physical Activity	Physical activity is any activity that you may do that helps to improve or maintain your physical fitness as well as your health in general.
Exercise	Exercise is physical activity that is focused on training or developing the body for the sake of health. There are specific kinds of exercises that improve your: Strength Flexibility Endurance Balance
Fitness	Physical fitness means that you are in a condition that you have the ability to perform and enjoy physical activities with ease.

- Measurements of health –Baseline assessments are used to check normality and identify any problems**
- Waist to hip ratio (waist measurement divided by hip measurement).
 - Temperature
 - Height, weight
 - Blood Pressure
 - Peak Flow
 - Resting pulse and recovery pulse rates after exercise
 - Liver function
 - Blood glucose
 - Cholesterol levels

Factors that can impact health and well being

Genetic inheritance, including inherited conditions and predisposition to other conditions

Ill health (acute and chronic)

Diet (balance, quality and amount)

Amount of exercise

Substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs

Personal hygiene.

Social, emotional and cultural factors that can have positive or negative effects on health and wellbeing: social interactions for example supportive/unsupportive relationships, social integration/isolation

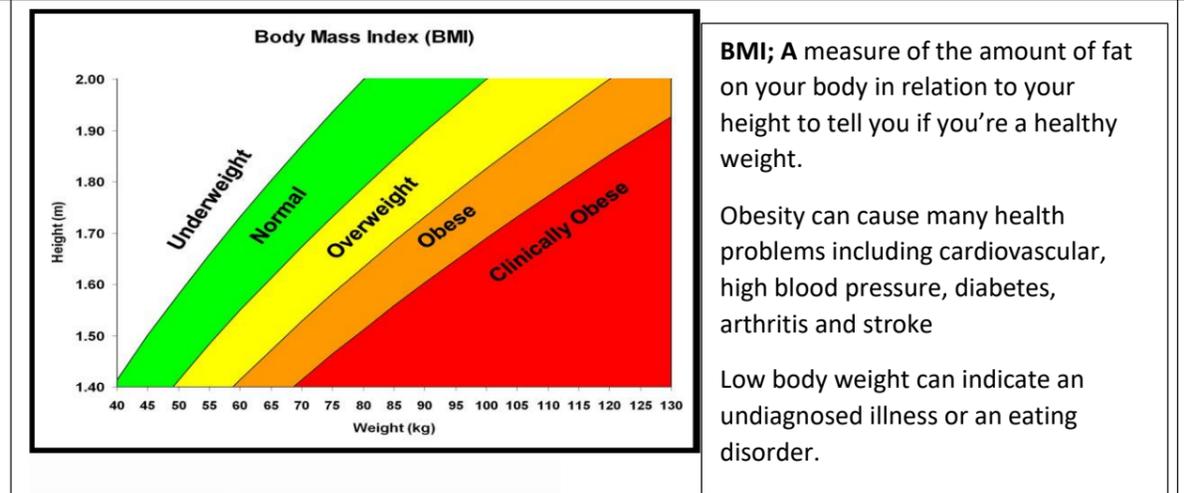
Stress for example work-related

Willingness to seek help or access services for example influenced by culture, gender, education.

Economic factors that can have positive or negative effects on health and wellbeing: financial resources.

Environmental factors that can have positive or negative effects on health and wellbeing: environmental conditions, for example levels of pollution, noise, housing, for example conditions, location.

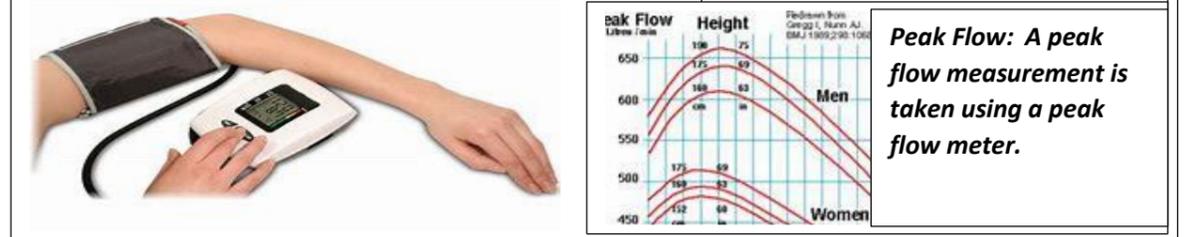
The impact of life events relating to relationship changes and changes in life circumstances.



Body Temperature

Normal body temperatures range from 36.5 to 37.2.C

Experts believe that the upper limit is around 44.c and the lower is 27.C although an individual will be seriously ill long before these limits and will be likely to die



Peak flow is best taken three readings every morning and evening, before using an inhaler. This helps to show how asthma varies from the beginning to the end of the day.

Blood Pressure

High blood pressure puts a strain on our arteries and on the heart itself, which can cause an artery to burst or the heart to fail under the strain. Therefore, high blood pressure, or **hypertension**, is a major risk factor for heart disease and stroke. If left untreated it puts a strain on the blood vessels and the organs and can cause; heart disease, attacks and failure, kidney disease, strokes, blindness, vascular dementia.

If blood pressure becomes severely low, there is a danger that the body will not receive enough oxygen to carry out normal functions. Lack of Oxygen can cause the brain and heart functions to be reduced and also difficulty breathing. With significantly low blood pressure, an individual can lose consciousness or go into **shock**.

Formal Assessment: AO1 Demonstrate knowledge and understanding of factors that affect health and wellbeing - **AO2** Interpret health indicators - **AO3** Design a person-centred health and wellbeing improvement plan -**AO4** Demonstrate knowledge and understanding of how to overcome obstacles relating to health