www.properformancetrainingltd.com

USP42
Principles of health and fitness

Learning Outcome 1

PRO PERFORMANCE
TRAINING LTD

PRO PERFORMANCE
TRAINING LTD

Learning Outcome 1:

Understand the benefits of an active, healthy lifestyle

Learning Outcome 1: Understand the benefits of an active, healthy lifestyle

PRO PERFORMANCE TRAINING LTD

At the end of this learning outcome, you will be able to:

a) Explain what constitutes an active, healthy lifestyle

b) Describe the benefits of leading an active, healthy lifestyle

PRO PERFORMANCE
TRAINING LTD

The following slides are presented by section, a & b

a. Explain what constitutes an active, healthy lifestyle

PRO PERFORMANCE

TRAINING LTD

a) Explain what constitutes an active, healthy lifestyle

PRO PERFORMANCE
TRAINING LTD

What is an Active, Healthy Lifestyle?

- Regular, physical activity – 30 mins exercise per day minimum 3 x per week
- Balanced diet
- Adequate sleep – aids recovery
- Adequate rest and relaxation – for body and mind
- No smoking
- No drugs
- Reduce stress

b. Describe the benefits of leading an active, healthy lifestyle

PRO PERFORMANCE

TRAINING LTD

b. Describe the benefits of leading an active, healthy lifestyle

PRO PERFORMANCE TRAINING LTD

Benefits of an Active, Healthy Lifestyle?

- Reduced risk of early mortality
- Reduced morbidity – CHD, diabetes, obesity
- Improved mental health – release of endorphins (short term) – feeling better about self, more energy (long term)

What next?

- **All sections** of learning outcome 1 for unit USP42 will be assessed in through portfolio evidence.

- Refer to your VTCT Level 3 Diploma in Sports Massage Therapy learner record of assessment handbook for direction.

PRO PERFORMANCE
TRAINING LTD