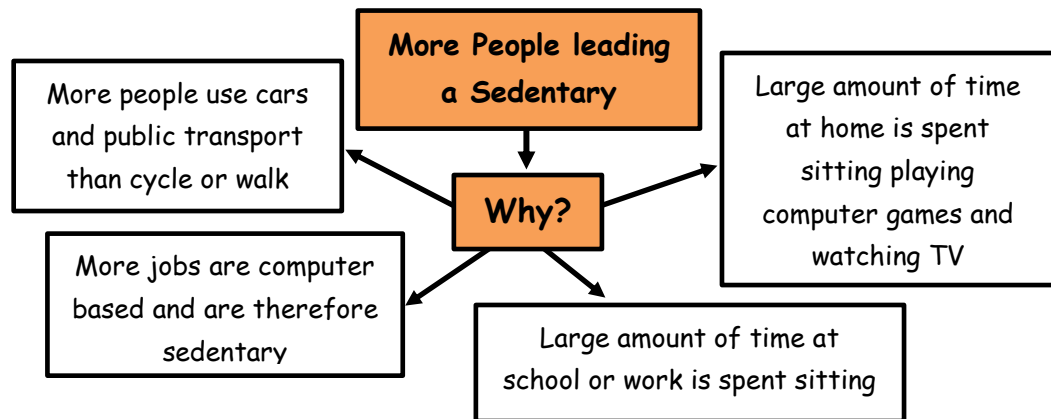# Paper 2: Consequences of a sedentary lifestyle

The consequences of a sedentary lifestyle

A sedentary lifestyle Is a lifestyle where there is little or no exercise

More People leading a Sedentary

Why?

More people use cars and public transport than cycle or walk

More jobs are computer based and are therefore sedentary

Large amount of time at school or work is spent sitting

Large amount of time at home is spent sitting playing computer games and watching TV

Health risks due to a sedentary lifestyle	Explanation
Obesity/excessive weight gain	Due to inactivity and a reduction in metabolic rate
Poor self-esteem	Being overweight or obese can lead to depression, a lack of brain function and release of serotonin
Hypertension (high blood pressure)	Lack of exercise and a poor diet can lead to an inefficient heart and potentially damaged blood vessels
Poor sleep	Lack of oxygen delivery to cells and excessive weight have been linked to snoring and restless legs. This disturbs sleep, as does not doing enough exercise to feel tired at night
Type 2 diabetes	Being overweight can increase the risk of developing type 2 diabetes
Heart disease and stroke	High blood pressure and cholesterol increase the risk of a heart attack and a stroke
Lethargy (lacking energy)	Low oxygen levels can lead to a feeling of fatigue and tiredness

Obesity

Obesity is a term used to describe people with a large fat content, caused by an imbalance of calories consumed compared to energy expenditure

A person is considered obese if they have a body mass index (BMI) of over or over 20 % above standard weight to height ratio

If body fat gets to this level it can have serious health implications

Obesity can lead to ill health

Physical	Mental	Social
It is linked to: • Types of cancer • Heart disease • Heart attacks • Type 2 diabetes • High cholesterol levels	It is linked to: • Depression • Low self esteem • Loss of confidence	It is linked to: • An inability to socialise (loss of confidence) • Inability to leave home (due to mobility)

How obesity can affect performance

Limits cardiovascular endurance: Unable to exercise without stopping repeatedly, due to the excess weight and the drop-in efficiency of the cardio-respiratory system

Limits flexibility: Excess fat around the joints restricts movement

Limits agility: Excess weight makes it harder to change direction quickly

Limits speeds/power: Excess weight makes it harder to move fast