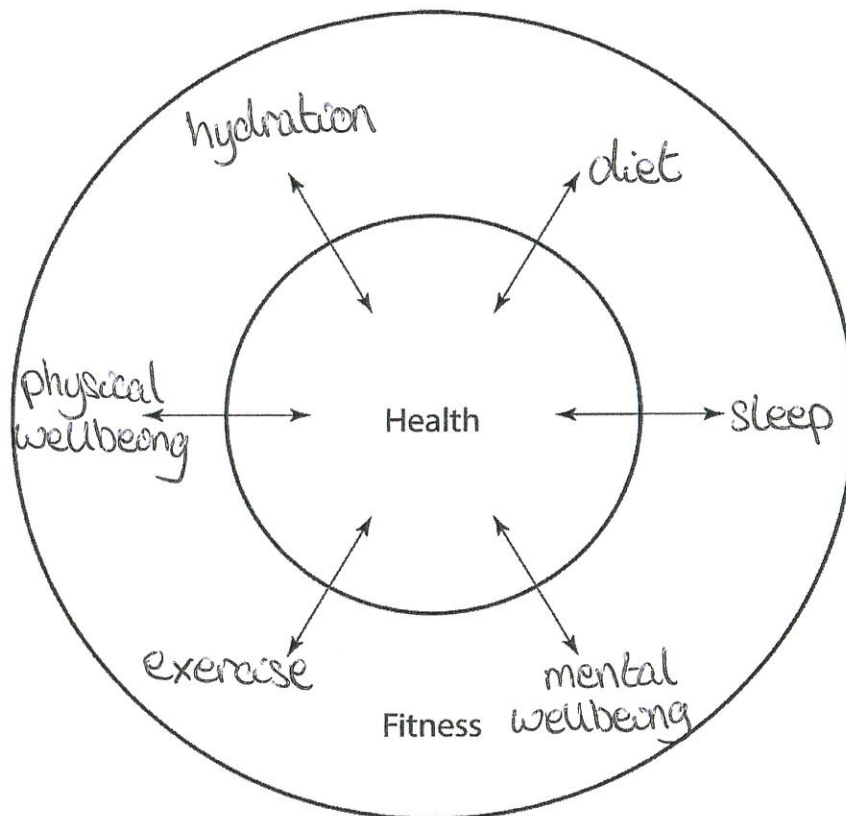


3.1

Health & fitness

Use this image to help you explain, in your own words, the relationship between health and fitness.

R



Health is a state of complete physical, mental and social wellbeing and not merely the absence of disease

Fitness is the ability to meet or cope with the demands of the environment

When you are fit you are also physically healthy. When you are healthy you are able to train to increase your fitness.

When you are unhealthy, and too ill to train, your fitness will reduce.

However, being unhealthy doesn't necessarily mean you are unfit.

Sometimes it is possible to train when you are unhealthy, to increase your fitness level⁵,

as long as the training is appropriate and doesn't make your illness worse