



INVESTICE DO ROZVOJE VZDĚLÁVÁNÍ

Projekt:	MO-ME-N-T MOderní MEtody s Novými Technologiemi
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Škola:	Hotelová škola, Vyšší odborná škola hotelnictví a turismu a Jazyková škola s právem státní jazykové zkoušky Poděbrady
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Anotace:	Charakteristika wellness, prvky wellness . Ovlivnitelné a neovlivnitelné části wellness. Charakteristika fitness a požadavky na fitness.

Wellness - characteristics

- also called **well-being** or **welfare**
- it s a lifestyle leading to the pleasant and cheerful life
- prevention of illnesses starts with taking care of our health (physical, mental and social well-being)
- medical care starts with violation of one of these parts
- it s a way to také care of our health and not only our fitness
- taking care of our health by improving of our lifestyle

Wellness elements

- Positive approach to life – it's impossible to reach well-being without optimism, determination and endurance
- Personal habits – you have to make daily routine from all the „good“ habits and try to eliminate all the „bad“ ones
- Fitness – you should do a physical activity every day to keep your fitness. You should adjust the activity according to the age, health and your fitness level
- Nutrition – eliminate or at least reduce consumption of unhealthy and high-caloric food
- Handling of stress – try to avoid stressful situations, find some time to relax and sleep enough

Aspects we can/can't influence about our lifestyle?

1.The way of life – influenceable - from 50 – 60%

Trends with teenagers are:

- poor physical activity (fitness, immunity, mental toughness)
- smoking
- excessive of calories and monotonous food
- stress
- high consumption of alcohol
- drug abuse
- sexual behaviour (promiscuity, early age, birth-control)

2. Work environment and medical care

influenceable from 20%

- pollution of air, water, soil, food
- using chemicals
- noise, radiation, dust
- insufficient prevention (using safety equipment, training, regular check-ups...)
- late diagnostics and treatment

3. Genetics

non-influenceable from 20 – 30%

Fitness

- plays a major part in wellness
- it is an ability of a body to work efficiently

Physical ability, requirements:

- appropriate body weight – the most important is the amount of fat under the skin, not the weight itself
- functional cardiovascular system – can reduce risks of civilization diseases
- optimal muscle strength and endurance
- optimal joint mobility – flexibility – stretching after every exercise
- differs with age, gender

How often and how much should we exercise?

- Minimum – twice a week 60min.
- Optimum – 3 times a week 40min.
- Ideal – daily 15 – 20min.
- **Intensity:** works with percentage of your maximum heart rate (you can count it $220 - \text{your age}$ – males and $230 - \text{your age}$ – females)
- **Low** – 35 – 59% HRmax – walking, yoga =relaxation
- **Middle** – 60-80%HRmax – maintaining your fitness – cycling, skating, swimming
- **Submaximal** – 80-90%HRmax – developing – running, collective games
- **Maximal** – over 90% - sport training