

Content	Additional information
<p>Obesity and how it may affect performance in physical activity and sport</p>	<p>Definition of obesity.</p> <p>Obesity and how it may affect performance in physical activity and sport:</p> <ul style="list-style-type: none"><li>• limits stamina/cardiovascular endurance</li><li>• limits flexibility</li><li>• limits agility</li><li>• limits speed/power.</li></ul> <p>Causes ill health (physical):</p> <ul style="list-style-type: none"><li>• cancer</li><li>• heart disease/heart attacks</li><li>• diabetes</li><li>• high cholesterol.</li></ul> <p>Causes ill health (mental):</p> <ul style="list-style-type: none"><li>• depression</li><li>• loss of confidence.</li></ul> <p>Causes ill health (social):</p> <ul style="list-style-type: none"><li>• inability to socialise</li><li>• inability to leave home.</li></ul>