

Analysis

The recommended amount of sport per week of my subject is 7 hours (1 hour a day), from my questionnaire it is evident that he participates in the correct amount for a boy of his age. This is healthy because if he participates in the right amount of exercise per week then it will reduce his risk of developing serious diseases and illnesses such as: heart disease, stroke, type 2-diabetes and cancer by 50% as well as reducing the risk of early death by 30%.

By not smoking my subject is much healthier than he would be if he did. Smoking causes a number of health implications: half of all long-term smokers die early from smoking-related diseases, including heart disease, lung cancer and chronic bronchitis. By choosing not to smoke my subject will live 10 years longer than he would if he chose to. It will also keep physical aspects of himself better such as his skin, teeth and breath.

My subject doesn't eat his 5-a-day. Eating your 5-a-days is an important part of having a healthy active lifestyle because fruit and vegetables are a key source of vitamins and minerals to the body. Vitamins and minerals are important in a balanced diet because they keep the body working properly by helping to prevent and fight against disease. Vitamins and minerals are also important in a healthy balanced diet because they can help reduce the risk of heart disease, stroke and some cancers, especially bowel cancer because they aid the digestion of food. As my subject doesn't eat his 5-a-day this will be something I get him to do as part of my action plan to help him lead a healthier life.

As my subject has access to green space which will mean he can lead a healthier more active life. This is because