

## Training Effects and Anticipated Health Outcomes of Appropriate Regular Activity & Balanced Nutrition

<div>  Increase / Improvement  Decrease  Maintenance / Regulation </div>							
	Physiological/ anatomical		Physiological/ anatomical		Psychological /Emotional		Occupational, nutritional and other health outcomes
	VO <sub>2</sub> max		Endurance		Self-esteem		Incidence of sickness
	Capillary network		BMR		Confidence		Incidence of absenteeism
	Stroke volume		Posture		Tolerance		Productivity
	'Q'		Connective tissue strength		Assertiveness		Lucidity/clarity of thought
	Total blood volume		Recovery rate		Mental strength		Overall wellbeing
	Erythrocytes		Total body fat %		Fortitude		Risk of CHD
	Lean tissue		Blood pressure		Self-belief		Risk of Type II diabetes
	Strength		Girth measurements		Anxiety levels		Risk of some cancers
	Power		Fat weight		Stress levels		Blood lipid profile
	Flexibility (ROM)		Resting heart rate		Apathy		Blood sugar levels
	Bone density (anatomical)		Muscle symmetry		Lethargy		Kcal balance
	Tidal volume		Lean tissue/fat mass ratio		Incidence of depression		Hydration levels