

## Btec Level 3 National in Sport

Year 12 Summer Task

### **Unit 2 - Fitness Training and Programming for Health, Sport and Well-being**

#### **Scenario**

Mr Mann is 30 years old and works 9 hours a day sitting down in an office. He does not take part in any exercise and often has to do more work when he gets home. He catches the bus to work each day, a journey of 3 miles. He has recently noticed that he is gaining weight and also feels constantly tired.

Can you suggest 5 ways that Mr Mann could improve his health and lifestyle and give a detail explanation of how he could do this?