

FRESHMAN HEALTH CRT STUDY GUIDE

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UNIT 1 PACKET – INTRODUCTION TO HEALTH

- How can a person maintain quality of life? (pg. 2)
 - Healthy nutritional habits to maintain healthy body weight
 - Regular physical activity and adequate sleep
 - Avoidance of alcohol, tobacco and other drug abuse
 - All the above are ways a person can maintain a quality of life
- Your body must be well nourished in order to achieve _____.(pg. 4)
 - Illness
 - Wellness
 - Success
 - failure
- _____ can strengthen the body's resistance to bacteria and viruses.
 - Diet and exercise
 - Hand sanitizer
 - Pigging out on junk food
 - Not taking care of yourself
- Self-esteem _____ between childhood and adolescents.(pg. 38)
 - Increases
 - Decreases
 - Stays the same
 - Doesn't affect individuals
- Which of the following are components of health? (pg. 3)
 - Physical health
 - Mental health
 - Social health
 - All are components of health
- Bulimia is characterized by _____ and _____.(pg. 92)
 - Binging only
 - Purging only
 - Binging and purging
 - Fasting
- A person who starves themselves is suffering from _____.(pg. 90)
 - Bulimia
 - Anorexia
 - Binge eating
 - None of the above
- Your behaviors, attitudes and feelings define your _____.(pg. 30)
 - Personality
 - Body image
 - Body fat
 - Fitness level
- What should you do if a friend is thinking about or has threatened suicide? (pg. 98)
 - Tell someone
 - Listen to what they are saying, do not take it as a joke
 - Trust your feelings
 - All of the above are things you should do if you have a friend that has threatened suicide
- People that are comfortable with themselves and others are considered to be: (pg. 3)
 - Mentally healthy
 - Mentally unstable
 - Socially unstable
 - depressed
- Which of the following is NOT an effective way to deal with stress? (pg. 71-73)
 - Find a quiet place to relax and reflect
 - Talk about it with a friend
 - Take out your stress on a friend by yelling at them
 - Find a healthy way to relieve your stress by exercising, reading, or shopping
- Feeling sad or hopeless for months is defined as _____.(pg. 94)
 - Clinical depression
 - Enthusiasm
 - Bad mood
 - Wellness

Financial Math Final Exam Study Guide

Michael Brown



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