

Fitness Final Exam Study Guide

What is Wellness? - ✓ A state of healthy living; considers total wellbeing: physical, emotional, and spiritual.

What are the Wellness components? - ✓ Physical Health, Emotional Health, Intellectual Health, Spiritual Health, Social Health, and Environmental Health

What is Healthy People 2020, and what are its goals and objectives? - ✓ U.S. government's wellness goals for the nation.

Goals:

1. Increase the number and quality of healthy years for all Americans
2. Reduce health disparities across segments of the population in our society
3. Provide social/physical environments that promote good health
4. Promote healthy development and healthy behaviors across all life stages

Objectives:

5. Increase daily physical activity levels
6. Reduce the death rate from cancers including lung, prostate, and skin cancer.
7. Increase proportion of physician visits to include nutrition/weight counseling or education
8. Increase number of states with nutrition standards for preschool aged children in child care
9. Increase number of adolescents engaged in disordered eating to control body weight
10. Increase proportion of adults who get sufficient sleep
11. Reduce binge drinking of alcoholic beverages

Define Physical Activity. - ✓ Any movement of the body produced by skeletal muscles that results in energy expenditure. Generally refers to movement of large muscle groups.

Define Exercise. - ✓ Type of physical activity; planned structured, repetitive movement performed for the purpose of improving or maintaining health or fitness.

What are the six benefits of exercise? - ✓ 1. Improved Psychological Well-Being

2. Increased Longevity
3. Maintenance of Working Capacity During Aging
4. Increased Bone Mass
5. Reduced Risk of Diabetes
6. Reduced Risk of Heart Disease

What are the five major components of health? - ✓ 1. Cardiorespiratory Endurance

2. Muscular Strength
3. Muscular Endurance
4. Flexibility

Personal Fitness Final Exam Study Guide

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Personal Fitness Final Exam Study Guide:

This book delves into Personal Fitness Final Exam Study Guide. Personal Fitness Final Exam Study Guide is an essential topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Personal Fitness Final Exam Study Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Personal Fitness Final Exam Study Guide
 - Chapter 2: Essential Elements of Personal Fitness Final Exam Study Guide
 - Chapter 3: Personal Fitness Final Exam Study Guide in Everyday Life
 - Chapter 4: Personal Fitness Final Exam Study Guide in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Personal Fitness Final Exam Study Guide. This chapter will explore what Personal Fitness Final Exam Study Guide is, why Personal Fitness Final Exam Study Guide is vital, and how to effectively learn about Personal Fitness Final Exam Study Guide.
 3. In chapter 2, this book will delve into the foundational concepts of Personal Fitness Final Exam Study Guide. This chapter will elucidate the essential principles that must be understood to grasp Personal Fitness Final Exam Study Guide in its entirety.
 4. In chapter 3, this book will examine the practical applications of Personal Fitness Final Exam Study Guide in daily life. This chapter will showcase real-world examples of how Personal Fitness Final Exam Study Guide can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Personal Fitness Final Exam Study Guide in specific contexts. This chapter will explore how Personal Fitness Final Exam Study Guide is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, this book will draw a conclusion about Personal Fitness Final Exam Study Guide. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Personal Fitness Final Exam Study Guide.

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