
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 Semester Exam Study Guide Answers

Ensheng Dong



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Table of Contents Personal Fitness Semester Exam Study Guide Answers

1. Understanding the eBook Personal Fitness Semester Exam Study Guide Answers
 - The Rise of Digital Reading Personal Fitness Semester Exam Study Guide Answers
 - Advantages of eBooks Over Traditional Books
2. Identifying Personal Fitness Semester Exam Study Guide Answers
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an eBook Platform
 - User-Friendly Interface
4. Exploring eBook Recommendations from Personal Fitness Semester Exam Study Guide Answers
 - Personalized Recommendations
 - Personal Fitness Semester Exam Study Guide Answers User Reviews and Ratings

- Personal Fitness Semester Exam Study Guide Answers and Bestseller Lists
- 5. Accessing Personal Fitness Semester Exam Study Guide Answers Free and Paid eBooks
 - Personal Fitness Semester Exam Study Guide Answers Public Domain eBooks
 - Personal Fitness Semester Exam Study Guide Answers eBook Subscription Services
 - Personal Fitness Semester Exam Study Guide Answers Budget-Friendly Options
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 - Personal Fitness Semester Exam Study Guide Answers Compatibility with Devices
 - Personal Fitness Semester Exam Study Guide Answers Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Personal Fitness Semester Exam Study Guide Answers
 - Highlighting and Note-Taking Personal Fitness Semester Exam Study Guide Answers
 - Interactive Elements Personal Fitness Semester Exam Study Guide Answers
- 8. Staying Engaged with Personal Fitness Semester Exam Study Guide Answers
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Personal Fitness Semester Exam Study Guide Answers
- 9. Balancing eBooks and Physical Books Personal Fitness Semester Exam Study Guide Answers
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Personal Fitness Semester Exam Study Guide Answers
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Personal Fitness Semester Exam Study Guide Answers
 - Setting Reading Goals Personal Fitness Semester Exam Study Guide Answers
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Personal Fitness Semester Exam Study Guide Answers
 - Fact-Checking eBook Content of Personal Fitness Semester Exam Study Guide Answers
 - Distinguishing Credible Sources

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 - Exploring Educational eBooks
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