

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

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CH Cherryholmes



Personal Fitness Final Exam Study Guide:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Personal Fitness Final Exam Study Guide**

In a world inundated with monitors and the cacophony of immediate interaction, the profound energy and mental resonance of verbal art often diminish into obscurity, eclipsed by the regular onslaught of noise and distractions. However, set within the lyrical pages of **Personal Fitness Final Exam Study Guide**, a interesting work of fictional elegance that pulses with fresh thoughts, lies an wonderful journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this enchanting opus books readers on a psychological odyssey, softly exposing the latent possible and profound affect embedded within the complicated internet of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is central styles, dissect their fascinating writing model, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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