
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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DJ Losen



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web nyāsaḥ नमो भगवते वासुदेवाय नमो भगवते वासुदेवाय नमो भगवते वासुदेवाय नमो भगवते वासुदेवाय
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śrīlālitasahasranāmastotramālā mantrasya

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lalita sahasranama wikipedia - Mar 30 2023

web lalita sahasranama iast lalitāsahasranāma sanskrit ललिता सहास्रनाम is a sacred hindu text from the brahmamda purana 1 which lists the thousand names of the hindu mother goddess lalita devi a manifestation of the divine mother shakti and is therefore recited in the worship of devi according to srikula sampradayas lalita tripura sundari

shri lalita sahasra nama stotram sanskrit documents - Oct 25 2022

web lalita trishati and lalita sahasranama are dialogues between the sage agastya and the god hayagriva pronounced as hayagriva hayagriva is the incarnation of vishnu who assumed the form of a horse to kill a demon by the same name