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# FRESHMAN HEALTH CRT STUDY GUIDE

#### UNIT 1 PACKET - INTRODUCTION TO HEALTH

d. Fasting

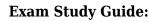
| How ca   | n a person maintain quality of life? (pg. 2)       |
|----------|----------------------------------------------------|
| a.       | Healthy nutritional habits to maintain healthy     |
|          | body weight                                        |
| b.       | Regular physical activity and adequate sleep       |
| C.       | Avoidance of alcohol, tobacco and other drug       |
|          | abuse                                              |
| d.       | All the above are ways a person can maintain a     |
|          | quality of life                                    |
| Your bo  | dy must be well nourished in order to achieve      |
|          | (pg. 4)                                            |
| a.       | Illness                                            |
| b.       | Wellness                                           |
| C.       | Success                                            |
| d.       | failure                                            |
|          | can strengthen the body's                          |
| resistar | ce to bacteria and viruses.                        |
| 8.       | Diet and exercise                                  |
| b.       | Hand sanitizer                                     |
| G.       | Pigging out on junk food                           |
| d.       | Not taking care of yourself                        |
| Self-est | eem between                                        |
| chilidho | od and adolescents (pg. 38)                        |
| 20       | Increases                                          |
| b.       | Decreases                                          |
| C        | Stays the same                                     |
| d.       | Doesn't affect individuals                         |
| Which o  | of the following are components of health? (pg. 3) |
| - 0      | Physical health                                    |
| b.       | Mental health                                      |
| C.       | Social health                                      |
| d.       | All are components of health                       |
| Bulimia  | is characterized by and                            |
|          | (pg. 92)                                           |
| - 0      | Binging only                                       |
| b.       | Purging only                                       |
| C.       | Binging and purging                                |

|                          | . (pg. 90)                                                |  |
|--------------------------|-----------------------------------------------------------|--|
| a.                       | Bulimia                                                   |  |
| b.                       | Anorexia                                                  |  |
| C.                       | Binge eating                                              |  |
| d.                       | None of the above                                         |  |
| Your b                   | ehaviors, attitudes and feelings define your<br>.(pg. 30) |  |
| a.                       | Personality                                               |  |
| b.                       | Body image                                                |  |
| C.                       | Body fat                                                  |  |
| d.                       | Fitness level                                             |  |
| What s                   | hould you do if a friend is thinking about or has         |  |
| threate                  | ned suicide? (pg. 98)                                     |  |
| a.                       | Tell someone                                              |  |
| b.                       | Listen to what they are saying, do not take it a          |  |
|                          | a joke                                                    |  |
| C.                       | Trust your feelings                                       |  |
| d.                       | 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 con                  | sidered to be: (pg. 3)                                    |  |
| a.                       | Mentally healthy                                          |  |
| b.                       | Mentally unstable                                         |  |
| C.                       | Socially unstable                                         |  |
| d.                       | depressed                                                 |  |
| Which i                  | of the following is NOT an effective way to deal          |  |
| with stress? (pg. 71-73) |                                                           |  |
| a.                       | Find a quiet place to relax and reflect                   |  |
| b.                       | Talk about it with a friend                               |  |
| c.                       | Take out your stress on a friend by yelling at            |  |
|                          | them                                                      |  |
| d.                       | Find a healthy way to relieve your stress by              |  |
| 2000                     | exercising, reading, or shopping                          |  |
| Feeling                  | sad or hopeless for months is defined as<br>(pg. 94)      |  |
| a.                       | Clinical depression                                       |  |
| b.                       | Enthusiasm                                                |  |
| C.                       | Bad mood                                                  |  |
|                          |                                                           |  |

d. Wellness

## **Exam Study Guide**

**Liying Dong** 



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

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  - Chapter 2: Essential Elements of Exam Study Guide
  - Chapter 3: Exam Study Guide in Everyday Life
  - Chapter 4: Exam Study Guide in Specific Contexts
  - ∘ Chapter 5: Conclusion
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