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# FRESHMAN HEALTH CRT STUDY GUID

and

#### UNIT 1 PACKET - INTRODUCTION TO HEALTH

1. How can 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 b	ody must be well nourished in order to achieve
	(pg. 4)
a.	Iliness
b.	Wellness
G.	Success
d.	failure
	can strengthen the body's
resista	nce to bacteria and viruses.
a.	Diet and exercise
b.	Hand sanitizer
G.	Pigging out on junk food
d.	Not taking care of yourself
Self-es	teem between
chilidho	od and adolescents (pg. 38)
a.	Increases
b.	Decreases
C.	Stays the same
d	Doesn't affect individuals

5. Which of the following are components of health? (pg. 3)

(pg. 92)

d. All are components of health

a. Physical health b. Mental health c. Social health

Bulimia is characterized by \_

d. Fasting

 Binging only b. Purging only c. Binging and purging

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

d. Wellness

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