

# FRESHMAN HEALTH CRT STUDY GUIDE

## 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
2. Your body must be well nourished in order to achieve \_\_\_\_\_.(pg. 4)
  - a. Illness
  - b. Wellness
  - c. Success
  - d. failure
3. \_\_\_\_\_ can strengthen the body's resistance to bacteria and viruses.
  - a. Diet and exercise
  - b. Hand sanitizer
  - c. Pigging out on junk food
  - d. Not taking care of yourself
4. Self-esteem \_\_\_\_\_ between childhood 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)
  - a. Physical health
  - b. Mental health
  - c. Social health
  - d. All are components of health
6. Bulimia is characterized by \_\_\_\_\_ and \_\_\_\_\_.(pg. 92)
  - a. Binging only
  - b. Purging only
  - c. Binging and purging
  - d. Fasting
7. A person who starves themselves is suffering from \_\_\_\_\_. (pg. 90)
  - a. Bulimia
  - b. Anorexia
  - c. Binge eating
  - d. None of the above
8. Your behaviors, attitudes and feelings define your \_\_\_\_\_.(pg. 30)
  - a. Personality
  - b. Body image
  - c. Body fat
  - d. Fitness level
9. What should you do if a friend is thinking about or has threatened suicide? (pg. 98)
  - a. Tell someone
  - b. Listen to what they are saying, do not take it as 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
10. 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
11. Which 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 exercising, reading, or shopping
12. Feeling sad or hopeless for months is defined as \_\_\_\_\_. (pg. 94)
  - a. Clinical depression
  - b. Enthusiasm
  - c. Bad mood
  - d. Wellness

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**Zhe Xu**



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