

# 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

# Hope Final Exam Study Guide

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## Adopting the Track of Phrase: An Psychological Symphony within **Hope Final Exam Study Guide**

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web feb 5 2023 recipes risks and side effects clementines are one of the most popular citrus fruits on the market not only are they small easy to peel and delicious but they re also jam packed with vitamins minerals and antioxidants as well plus they ve been linked to a long list of health benefits

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web a single clementine contains 1 gram of fiber an impressive amount given the fruit s low calorie count high fiber intake encourages healthy digestion by adding bulk to your stool and making it

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web jan 25 2023 clementines are small oranges that are seedless easy to peel and when well grown and ripe perfectly sweet to eat too they are grown on a hybrid variety of mandarin citrus trees that originated in either china or algeria most clementines are grown in china though spain morocco and california are famous for growing them as well

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web clementine leads a battle against the demon malmoth with the guidance of her guardian angel héméra travelling in a magical blue sphere occasionally in these travels through fantasy and time she meets famous fictional characters