

# FRESHMAN HEALTH CRT STUDY GUIDE

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## UNIT 1 PACKET – INTRODUCTION TO HEALTH

- How can a person maintain quality of life? (pg. 2)
  - Healthy nutritional habits to maintain healthy body weight
  - Regular physical activity and adequate sleep
  - Avoidance of alcohol, tobacco and other drug abuse
  - All the above are ways a person can maintain a quality of life
- Your body must be well nourished in order to achieve \_\_\_\_\_ (pg. 4)
  - Illness
  - Wellness
  - Success
  - failure
- \_\_\_\_\_ can strengthen the body's resistance to bacteria and viruses.
  - Diet and exercise
  - Hand sanitizer
  - Piggging out on junk food
  - Not taking care of yourself
- Self-esteem \_\_\_\_\_ between childhood and adolescents. (pg. 38)
  - Increases
  - Decreases
  - Stays the same
  - Doesn't affect individuals
- Which of the following are components of health? (pg. 3)
  - Physical health
  - Mental health
  - Social health
  - All are components of health
- Bulimia is characterized by \_\_\_\_\_ and \_\_\_\_\_ (pg. 92)
  - Binging only
  - Purging only
  - Binging and purging
  - Fasting
- A person who starves themselves is suffering from \_\_\_\_\_ (pg. 90)
  - Bulimia
  - Anorexia
  - Binge eating
  - None of the above
- Your behaviors, attitudes and feelings define your \_\_\_\_\_ (pg. 30)
  - Personality
  - Body image
  - Body fat
  - Fitness level
- What should you do if a friend is thinking about or has threatened suicide? (pg. 98)
  - Tell someone
  - Listen to what they are saying, do not take it as a joke
  - Trust your feelings
  - 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)
  - Mentally healthy
  - Mentally unstable
  - Socially unstable
  - depressed
- Which of the following is NOT an effective way to deal with stress? (pg. 71-73)
  - Find a quiet place to relax and reflect
  - Talk about it with a friend
  - Take out your stress on a friend by yelling at them
  - Find a healthy way to relieve your stress by exercising, reading, or shopping
- Feeling sad or hopeless for months is defined as \_\_\_\_\_ (pg. 94)
  - Clinical depression
  - Enthusiasm
  - Bad mood
  - Wellness

# Exam Study Guide

**Kim Heldman**



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