
Fitness & Wellness Exam 1 Questions and Answers 100% Correct

Wellness - ANSWER-state of optimal health, which indicates physical, emotional, intellectual, spiritual, and social health

Wellness is achieved by a lifestyle of: - ANSWER-1) regular physical activity

2) proper nutrition

3) elimination of unhealthy behavior

4) maintaining positive emotional

5) spiritual health

6 Components of Wellness - ANSWER-1) Physical Health

2) Emotional Health

3) Intellectual Health

4) Spiritual Health

5) Social Health

6) Environmental Health

Physical Health - ANSWER-proper nutrition, performing self exams, personal safety

Emotional Health - ANSWER-social skills, self-esteem, coping w/ stress

Intellectual Health - ANSWER-keeping mind active through life-long learning

Social Health - ANSWER-meaningful relationships

Environmental Health - ANSWER-influences health and behavior

Healthy People 2020 - ANSWER-U.S. government's wellness goals to improve health of Americans

Physical Activity - ANSWER-any movement of the body produced by skeletal muscle that results in energy expenditure

Exercise - ANSWER-type of leisure time physical activity performed specifically to enhance health and/or fitness

Benefits of regular exercise - ANSWER-1) Improved psych well-being

2) Increased longevity

3) Maintenance of working capacity during aging

4) Increased bone mass

5) Reduced risk of diabetes

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Liguori, Sandra Carroll-Cobb, 2015-01-07 If students sit passively on the sidelines how can we expect them to learn and to change their behavior in ways that promote their health and wellness now and in the future Questions and Answers A Guide to Fitness and Wellness is the first fitness and wellness text to be written in direct response to students questions about their own health and well being The authors Gary Liguori and Sandra Carroll Cobb combine the latest science based knowledge with practical guidance on concrete actions students can take now to be engaged participants in their learning and become active shapers of their future health and happiness while they improve their fitness and wellness Connect is the only integrated learning system that empowers students by continuously adapting to deliver precisely what they need when they need it and how they need it so that your class time is more engaging and effective [Looseleaf FitWell: Questions and Answers](#) Gary Liguori, 2012-07-03 FitWell empowers students to become active participants in their own health through a first of its kind student centered approach McGraw Hill conducted extensive market research with over 4 000 students to gain insight into their studying and buying behavior Students told us they wanted more portability with innovative visual appeal and content that is designed according to the way they learn Instructors we surveyed told us they wanted a way to engage their students without compromising on high quality content Our findings concluded that students who actively participated in their own learning actually retained more information and were able to apply it more often to their every day lives How could we build a program for students that would promote active learning while providing visual appeal portability and relevance We are excited to introduce to you the first of its kind program for Fitness and Wellness FitWell delivers the serious content you want in both a magazine style format that s fun to read and an online learning space that commands active learning We began by collecting over 1 000 Fitness and Wellness questions asked by real students Questions like How can I improve my self esteem or Do I really need 8 glasses of water a day introduce each section of material throughout the program With its series of assignable videos that debunk common health and fitness myths Sit Ups Make Your Stomach Flatter or Marijuana gives you munchies FitWell grabs hold of students attention and doesn t let go The real life behavior change case study videos found online provide students with unmatched relevance Students click watch and learn these videos follow real college students attempting to change their behavior for an entire semester and hopefully for life With its online Fitness assessments assignable interactive animations and online labs FitWell engages students like no other fitness and wellness program The Right Conversations To make our program relevant we wanted to understand what students care about when it comes to their health and well being It turned out when it comes to Fitness and Wellness students had a lot of questions We compiled over 1 000 questions that students asked our authors These real student questions like Can colds really come from stress or What s the best exercise for me introduce each section of material ensuring the content that follows is always research based and relevant Instead of passively reading your students actively engage in questions answers and conversations that are of interest to them The Right Instruction Assign your students a series of short video

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