
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

Answers 2 E2020 Fitness Wellness

Gary Liguori, Sandra Carroll-Cobb



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