
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



Answers 2 E2020 Fitness Wellness:

Answers 2 E2020 Fitness Wellness Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Answers 2 E2020 Fitness Wellness**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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