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# 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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