

FRESHMAN HEALTH CRT STUDY GUIDE

UNIT 1 PACKET – INTRODUCTION TO HEALTH

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

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faced in the past and the battles they continue to fight today **Annual Catalogue** United States Air Force Academy,1984
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Table of Contents Americans Final Exam Study Guide

1. Understanding the eBook Americans Final Exam Study Guide
 - The Rise of Digital Reading Americans Final Exam Study Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Americans Final Exam Study Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Americans Final Exam Study Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Americans Final Exam Study Guide
 - Personalized Recommendations
 - Americans Final Exam Study Guide User Reviews and Ratings
 - Americans Final Exam Study Guide and Bestseller Lists
5. Accessing Americans Final Exam Study Guide Free and Paid eBooks

- Americans Final Exam Study Guide Public Domain eBooks
- Americans Final Exam Study Guide eBook Subscription Services
- Americans Final Exam Study Guide Budget-Friendly Options
- 6. Navigating Americans Final Exam Study Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Americans Final Exam Study Guide Compatibility with Devices
 - Americans Final Exam Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Americans Final Exam Study Guide
 - Highlighting and Note-Taking Americans Final Exam Study Guide
 - Interactive Elements Americans Final Exam Study Guide
- 8. Staying Engaged with Americans Final Exam Study Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Americans Final Exam Study Guide
- 9. Balancing eBooks and Physical Books Americans Final Exam Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Americans Final Exam Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Americans Final Exam Study Guide
 - Setting Reading Goals Americans Final Exam Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Americans Final Exam Study Guide
 - Fact-Checking eBook Content of Americans Final Exam Study Guide
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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