

Health test 1 chapters 1-3

Chapter 1: God's purpose and your life's mission

1. Set an overall goal
 - SMART
 - Specific- not just "lose weight"
 - Measurable- something that can be tracked (pounds/distance)
 - Attainable- challenging but possible (realistic)
 - Relevant- is this important to me? Something I want to do? Why am I doing this?
 - Time bound- set a deadline, a date/event
2. assess your present lifestyle
 - what hinders you from reaching your goals?
3. design a specific plan
 - 6 glasses of water
 - 5 servings of fruits and vegetables
 - 4/3 days of exercise
 - 2 hours of screen time
 - 1 fried food per week
 - 0 calories in drinks
4. predict obstacles
5. plan intervention strategies
6. accountability partner
7. assess progress toward the overall goal

Chapter 2: body image and eating disorders

- >Weight preoccupation- variety of dieting, body image, eating disorders, other obsession with weight and food
- >6 billion people are on "diets"
- >More than 75% of people with a healthy weight see themselves as fat
- >50% of high school girl's diet
- >dieting- futile, often harmful process of restrictive eating
- >dieting creates a preoccupation with thinness and a false belief of self-worth
- >some effects of dieting are: depression, low self-esteem, irritability
- > caused by influence or culture
- >people who feel unloved and out of control will try to control their body
- >body image- what we picture ourself as
- >4 dimensions
 - cognitive: what we think of ourself
 - affective: feels or emotions
 - perception: "I see myself as.."
 - behavioral: things we do to change physically
- >every person has a body image

Lifetime Health Alcohol Chapter Test Answers

Mike Jess



Lifetime Health Alcohol Chapter Test Answers:

Lifetime Health Alcohol Chapter Test Answers Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Lifetime Health Alcohol Chapter Test Answers**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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