

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

Victor M. Corman



Lifetime Health Alcohol Chapter Test Answers:

Lifetime Health Alcohol Chapter Test Answers Book Review: Unveiling the Magic of Language

In an electronic digital 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 actually remarkable. This extraordinary book, aptly titled "**Lifetime Health Alcohol Chapter Test Answers**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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