

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

R Sandford



Lifetime Health Alcohol Chapter Test Answers:

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Lifetime Health Alcohol Chapter Test Answers**

In a global inundated with screens and the cacophony of fast interaction, the profound power and emotional resonance of verbal artistry usually fade into obscurity, eclipsed by the constant assault of sound and distractions. However, situated within the musical pages of **Lifetime Health Alcohol Chapter Test Answers**, a fascinating work of fictional elegance that pulses with organic feelings, lies an memorable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this exciting opus guides readers on a mental odyssey, gently exposing the latent potential and profound affect stuck within the delicate internet of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key themes, dissect their interesting writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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