

# 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

**G Orfield**



**Lifetime Health Alcohol Chapter Test Answers:**

## Whispering the Secrets of Language: An Mental Quest through **Lifetime Health Alcohol Chapter Test Answers**

In a digitally-driven world where monitors reign supreme and instant conversation drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within words frequently go unheard. Yet, located within the pages of **Lifetime Health Alcohol Chapter Test Answers** a charming literary value blinking with natural emotions, lies an extraordinary quest waiting to be undertaken. Penned by a talented wordsmith, this wonderful opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within the very fabric of each and every word. Within the emotional depths of this touching review, we will embark upon a honest exploration of the book is core styles, dissect their interesting publishing model, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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