
Fitness and Wellness Chapter 1 Exam Questions & Answers (GRADED A+)

Chapter 1 -ANSWER -Physical Fitness and Wellness

Health -ANSWER --State of complete well-being—not just the absence of disease or infirmity

Threats to health in America -ANSWER -1. Tobacco Use

2. Sedentary Death Syndrome (SeDS)

-Cause of deaths attributed to a lack of regular physical activity

-Sedentary: a person who is relatively inactive and whose lifestyle is characterized by a lot of sitting

-1 out of 10 deaths attributed to inactivity

3 factors affect health and longevity -ANSWER --Behavior: affects health/longevity the most—health related behaviors are most important

-Genetics: affects 16% of your health

-Environment

Life Expectancy -ANSWER -The number of years a person is expected to live based on the persons birth year

-U.S. average=78.3 years

-U.S. ranked 28th in world

Factors affecting life expectancy -ANSWER --extremely poor health of certain groups

-obesity epidemic—32% obese

-low levels of daily physical activity

-high incidence of tobacco use

-high incidence of CHD (coronary heart disease)

-Fairly high levels of violence

Healthy life expectancy=years of illness subtracted from life expectancy

In the future... -ANSWER -A decrease in lifespan of 5 years is predicted due to the detrimental effects of obesity

-32% of the U.S. population is currently obese

-Childhood obesity—Type 2 diabetes

Blue Zones -ANSWER -Places in the world where people live to 100 and stay healthy!

-Fort Worth "Blue Zone Project" City

Fitness Life Chapter Answers

JA Banks



Fitness Life Chapter Answers:

The Top Books of the Year Fitness Life Chapter Answers The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous compelling novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Fitness Life Chapter Answers : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and thrilling novel that will keep you speculating until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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