

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 Chapters

Katrin Zwirgmaier



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