

# 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

**Lei Shi**



**Lifetime Health Chapters:**

## Decoding **Lifetime Health Chapters**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Lifetime Health Chapters**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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