

# 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 Chapter Test Answers

**Clemens Wendtner**



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