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Health And Wellness Study Guide

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Terms in this set (22) 1. Eat a balanced diet. 2. Participate in plenty of physical activities. 3. Get 8 hours of sleep every night. 4. Avoid drugs, alcohol, and tobacco. 5. Practice safety by wearing protective sports gear and seat belts whenever you are in a moving device. 6. Practice good ...

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HEALTH AND WELLNESS STUDY GUIDE. STUDY. PLAY. Health. overall condition of body or mind and the presence or absence of illness or injury. Wellness. optimal health and vitality, encompassing all the dimensions of well-being. Risk factor. a condition that increases your chance of illness or injury.

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Physical. -Consume a healthy diet and align the correct nutrition. -Lean protein. -Fruits and vegetables. -Whole grains. -Healthy fats. -Be physically active. -Play sports. -Weight training.

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Emphasis on treating illness with medicine describes the " medical model" as applied to Health Care 3. "Disparities in health" refers to differences in health - across ethnic and income groups 4. An individual demonstrates Spiritual Wellness when he/ she establishes a value system and carries out meaningful and constructive life goals 5.

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Healthy People 2010&mdr;.. guides the development of health behaviors, programs, and interventions in the United States. Which of the following are wellness domains? (Choose all that apply.) Social, community, Personal and Cultural Eating well contributes to your intellectual wellness. True Match the Wellness Domain with its definition. Social Wellness The ability to form positive ...

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Health is defined as the overall mental and physical state of a person; the absence of disease. This isn't entirely the same thing as wellness. Wellness refers to the state of being in optimal...

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Heredity, environment, culture, peers, media, technology, behavior, attitude. What are the 6-steps of goal setting? 1. State the question 2. List the options 3. Weigh the possible outcomes 4. consider the values 5. Make a decision and act on it 6. Evaluate the decision. YOU MIGHT ALSO LIKE...

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Study Guide Exam 2 NR 222 Health and Wellness Transtheoretical Model 1. Precontemplation o The person is NOT thinking about or considering quitting or adapting a behavior change within the next 6 months (not intending to make changes) 2. Contemplation o The person is seriously considering making a specific behavior change within the next 6 months (considering change) 3.

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