# Chapter 01
# Introduction to Wellness, Fitness, and Lifestyle Management

**Multiple Choice Questions**

1. *(p. 2)* Which is one of the seven dimensions of wellness?
A. logical wellness
B. ecological wellness
C. dietary wellness
**D.** spiritual wellness

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the dimensions of wellness*
*Topic Area: Dimensions of Wellness*

2. *(p. 3)* What does physical wellness encompass?
**A.** eating well
B. self confidence
C. compassion
D. a support network

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*Bloom's Taxonomy: Comprehension*
*Learning Objective: Describe the dimensions of wellness*
*Topic Area: Dimensions of Wellness*

3. *(p. 3)* Which dimension of wellness includes optimism, trust, and self-confidence?
A. physical wellness
**B.** emotional wellness
C. spiritual wellness
D. interpersonal wellness.

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*Bloom's Taxonomy: Knowledge*
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*Topic Area: Dimensions of Wellness*

4. *(p. 3)* What is an example of the ability to think critically?
A. emotional wellness
**B.** intellectual wellness
C. interpersonal and social wellness
D. spiritual wellness

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the dimensions of wellness*
*Topic Area: Dimensions of Wellness*

5. *(p. 3)* Which activity best describes emotional wellness?
**A.** taking time to explore your thoughts and feelings
B. getting regular medical checkups
C. being open to new ideas
D. finding principles by which to live your life

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*Bloom's Taxonomy: Comprehension*
*Learning Objective: Describe the dimensions of wellness*
*Topic Area: Dimensions of Wellness*

6. *(p. 3)* Which best describes spiritual wellness?
A. participation in community work
B. prevention of injuries
C. an ability to share feelings with others
**D.** possession of a set of guiding beliefs that give meaning to life

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*Learning Objective: Describe the dimensions of wellness*
*Topic Area: Dimensions of Wellness*

7. *(p. 3)* What element does environmental wellness include?
A. trust
B. communication skills
C. meditation
**D.** waste reduction

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*Bloom's Taxonomy: Knowledge*
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8. *(p. 3)* Which type of wellness does protecting one's self from exposure to toxic substances in the workplace demonstrate?
A. social
B. spiritual
C. intellectual
**D.** environmental

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the dimensions of wellness*
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9. *(p. 3)* Which characteristic helps improve interpersonal and social wellness?
**A.** a network of caring people
B. a great degree of self confidence
C. good physical health
D. an active, creative mind

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*Bloom's Taxonomy: Knowledge*
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10. *(p. 3)* Which of the following describes occupational wellness?
A. the ability to manage money
**B.** the level of fulfillment gained from one's work
C. the livability of one's surroundings
D. the quality of one's communication skills

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*Bloom's Taxonomy: Knowledge*
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11. *(p. 3)* Which type of wellness does the ability to live within your means and to manage one's money define?
A. interpersonal
**B.** financial
C. environmental
D. spiritual

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*Bloom's Taxonomy: Knowledge*
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12. *(p. 4)* Which is an indication of financial wellness?
A. having many credit cards
**B.** controlling one's use of credit cards
C. maintaining a high debt
D. investing instead of saving

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the dimensions of wellness*
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13. *(p. 4)* What was the approximate life expectancy in 1900?
**A.** 50 years
B. 60 years
C. 70 years
D. 80 years

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
*Topic Area: Major Health Problems in the United States*

14. *(p. 4)* What was the most serious threat to one's health in the early 1900s?
A. coronary heart disease
B. cancer
**C.** infectious disease
D. stroke

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
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15. *(p. 4)* How has the average life expectancy changed in the past 100 years?
A. Life expectancy has decreased by 10 years.
B. Life expectancy has increased by 10 years.
**C.** Life expectancy has nearly doubled in length.
D. Life expectancy has nearly tripled in length.

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
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16. *(p. 6)* Which type of condition is defined as a disease that develops and continues over a long period?
**A.** chronic disease
B. infectious disease
C. terminal disease
D. subclinical disease

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
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17. *(p. 6)* What are the three leading causes of death in the United States?
A. cancer, diabetes, and cirrhosis
B. hypertension, stroke, and heart disease
**C.** heart disease, cancer, and chronic lower respiratory diseases
D. diabetes, osteoporosis, and cirrhosis

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
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18. *(p. 6)* What are the three leading causes of death for Americans between 15 and 24 years old?
A. heart disease, stroke, and cancer
B. heart disease, cancer, and suicide
**C.** accidents, homicide, and suicide
D. homicide, suicide, and cancer

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
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19. *(p. 7)* What is a characteristic of the U.S. government's Healthy People Reports?
A. It fails to address physical activity and nutrition.
B. It is updated every 2 years.
C. It only includes broad wellness related goals.
**D.** It seeks to achieve a better quality of life for Americans.

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*Bloom's Taxonomy: Knowledge*
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20. *(p. 8)* Approximately what percentage of Americans gets no leisure-time activity?
A. 20%
**B.** 40%
C. 60%
D. 80%

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
*Topic Area: Healthy Behaviors*

21. *(p. 9)* What is a characteristic of the typical American diet?
A. It is too low in calories.
B. It is too high in fiber.
C. It is too low in sugar.
**D.** It is too high in unhealthy fats.

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22. *(p. 9)* Which condition can result from a diet high in calories, fat, and low in fiber?
**A.** high blood pressure
B. pneumonia
C. kidney stones
D. gall stones

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*Bloom's Taxonomy: Comprehension*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
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23. *(p. 9)* What is one outcome of a healthy diet?
**A.** sufficient energy and nutrients
B. an increased risk of heart disease
C. insufficient nutrients
D. an increased risk of high blood pressure

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*Bloom's Taxonomy: Comprehension*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
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24. *(p. 9)* What is a good strategy for achieving and maintaining a healthy body weight?
A. short-term diets
B. colon cleansing
C. high-protein diets
**D.** regular exercise

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
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25. *(p. 11)* What can result from appropriate stress management?
**A.** a decreased susceptibility to diseases
B. fatigue
C. sleep disturbances
D. an inefficient immune system

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*Bloom's Taxonomy: Knowledge*
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26. *(p. 9)* Which condition is associated with tobacco use?
A. compromised immune systems
B. liver disease
C. a small number of deaths each year
**D.** the top causes of death in the United States

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*Bloom's Taxonomy: Knowledge*
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27. *(p. 10)* Which can be the result of excessive alcohol consumption?
A. excessive sleeping
B. fewer accidental deaths
C. lower weight
**D.** acts of violence

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*Bloom's Taxonomy: Knowledge*
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28. *(p. 10)* What is the most effective way of dealing with disease?
A. medication
**B.** prevention
C. rehabilitation
D. surgery

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
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29. *(p. 10)* What is true about the factors involved in wellness?
A. They are entirely outside of individual control.
**B.** The often interact with each other.
C. They are difficult to identify.
D. They are easy to change.

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*Bloom's Taxonomy: Knowledge*
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30. *(p. 11)* What is the first step in changing a health-related behavior?
A. making a personal contract
B. obtaining knowledge and information
**C.** identifying the target behavior
D. setting specific goals

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

31. *(p. 12)* When choosing a target behavior to change, how can one maximize her chances of success?
A. change all negative behaviors at once
B. start with a complicated behavior first
**C.** start with something simple
D. start changing multiple behaviors

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*Bloom's Taxonomy: Knowledge*
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*Topic Area: Behavior Change*

32. *(p. 14)* What is the best definition for self-efficacy?
A. the figurative "place" that is responsible for events in a person's life
**B.** a person's belief she or he can take action and perform a specific task
C. events that occur but are unrelated to behavior change
D. events that occur but are beyond an individual's control

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
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33. *(p. 14)* What is the best definition of locus of control?
A. strong motivational powers that a person has available to him or her
**B.** the figurative "place" considered responsible for events in a person's life
C. the friends, family, and opponents who influence a person's life
D. a reward system that is responsible for positive lifestyle changes

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

34. *(p. 14)* What can happen when a person has an external locus of control and believes s/he has a genetic predisposition to cancer?
A. S/he can reinforce her or his motivation to take appropriate action.
**B.** S/he can sabotage her or his efforts to take appropriate action.
C. S/he can enhance her or his focus of control.
D. S/he can gain a greater sense of control over her or his life.

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*Bloom's Taxonomy: Comprehension*
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*Topic Area: Behavior Change*

35. *(p. 14)* What best describes a person who is 25 pounds overweight and who has tried a variety of diets? S/he defends her or his weight by claiming all of her or his relatives are overweight, and none has successfully lost weight.
A. unmotivated
**B.** an external locus of control
C. an internal locus of control
D. a victim of heredity

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*Bloom's Taxonomy: Comprehension*
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36. *(p. 15)* Which identifies the precontemplation stage in the "stages of change" model?
A. awareness of the problem
B. modification of behavior
**C.** belief that there is no need for change
D. planning for change

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*Bloom's Taxonomy: Knowledge*
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37. *(p. 15)* According to the "stages of change" model of changing behavior, which stage includes people who begin to make small changes in their behavior?
A. contemplation stage
**B.** preparation stage
C. maintenance stage
D. action stage

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*Bloom's Taxonomy: Knowledge*
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38. *(p. 16)* What is the key to a successful behavior change program?
A. identifying multiple target behaviors
B. speed and aggressiveness
**C.** a plan that sets goals
D. a qualified therapist

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*Bloom's Taxonomy: Knowledge*
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39. *(p. 19)* Which is the last step in a behavior change program?
A. analyze data
**B.** make contract.
C. monitor behavior.
D. set goals

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40. *(p. 17)* How does setting realistic, specific goals help a person change unwanted behavior?
A. It forces the person to take on the harder steps first.
B. It reduces the number of rewards the person can receive.
**C.** It makes the ultimate goal seem more manageable.
D. It takes the focus off the person's ultimate goal.

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41. *(p. 18)* What preparatory step may be necessary when devising a strategy or plan of action?
**A.** purchasing walking shoes for a fitness class
B. selecting a behavior to change
C. rewarding yourself with a movie
D. determining which events trigger the behavior

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*Bloom's Taxonomy: Comprehension*
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42. *(p. 18)* Which is an example of modifying your environment to support change?
A. asking a roommate to swim with you 3 times per week
B. buying a new CD after completing 2 weeks of a behavior change program
**C.** studying in the library instead of near the student union snack bar
D. posting your exercise log in a prominent place

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*Bloom's Taxonomy: Comprehension*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

43. *(p. 19)* What does a personal contract for behavior change include?
**A.** it is objective and gives details of a person's plan for behavior change
B. a record of the circumstances surrounding a person's target behavior
C. prioritizes the behaviors that you are considering changing
D. an assessment of a person's motivation for changing a health behavior

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

44. *(p. 18)* What is an example of an appropriate reward for achieving a behavior change goal?
A. eating a favorite food
B. drinking alcohol
**C.** seeing a movie
D. going out to dinner with friends

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Comprehension*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
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45. *(p. 19)* In a behavior change program, what might create a trap that is related to social influences?
A. enlisting the aid of friends in your pursuit
B. selecting behaviors to target
**C.** trying to get friends or family to change their behavior
D. breaking your steps into smaller tasks

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*Bloom's Taxonomy: Comprehension*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

46. *(p. 14)* Which strategy can aid in behavior change?
**A.** having social support
B. implementing a test plan
C. reacting to challenges
D. withholding rewards

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Comprehension*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

47. *(p. 15)* What is one way to ensure that a behavior change program continues?
A. Avoid anticipating potential problems.
**B.** Change the parts of the plan that are problems.
C. Ignore the reactions of your friends.
D. Try to get a friend to change their behavior, too.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Comprehension*
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48. *(p. 19)* What is a characteristic of the techniques and level of effort required by a behavior change program?
A. They should never change.
B. They should always be easy.
**C.** They may need to be evaluated.
D. They may not help achieve a goal.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
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49. *(p. 20)* What may occur when there is a stress barrier to a behavior change plan?
A. It will remain throughout the changing process.
B. It will help motivate you to do your best.
C. It should be ignored.
**D.** It may require you to make stress management a higher priority.

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
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50. *(p. 20)* Which is an example of procrastination?
A. I wanted to exercise today, but my favorite workout clothes were dirty.
**B.** I better wait until after the semester break to start my program.
C. I didn't exercise because my workout partner never called me.
D. I hate to have other people see me exercising.

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*Bloom's Taxonomy: Comprehension*
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51. *(p. 20)* Which is an example of rationalization?
A. I'll start an exercise program just as soon as the semester is over.
B. Next year is when I'll start to exercise.
**C.** I couldn't exercise today because I had to visit a friend.
D. I don't exercise, because I don't like it.

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52. *(p. 20)* Which is an example of blaming?
A. I'll start my walking program when I get some sunscreen.
**B.** My workout partner did not call me to go to the fitness center.
C. I'll begin my exercise program when next semester starts.
D. I did not have time to dry my hair before work, so I'll walk tomorrow.

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*Bloom's Taxonomy: Comprehension*
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*Topic Area: Behavior Change*

**True / False Questions**

53. *(p. 2)* The wellness concept defines health as the absence of disease.
**FALSE**

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the dimensions of wellness*
*Topic Area: Dimensions of Wellness*

54. *(p. 3)* Self-confidence is one characteristic of a person who possesses good emotional health.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the dimensions of wellness*
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55. *(p. 4)* In 1900, a person was most likely to die of chronic diseases.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
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56. *(p. 10)* Prevention is the most effective way of dealing with chronic disease.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
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57. *(p. 7)* A goal of The Healthy People Initiative is to eliminate health disparities among Americans.
**TRUE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
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58. *(p. 8)* Most health problems occur at the same rate for men and for women.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
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59. *(p. 8)* Approximately 75% of all Americans exercise regularly.
**FALSE**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
*Topic Area: Healthy Behaviors*

60. *(p. 8)* Regular exercise is a crucial factor in preventing chronic disease.
**TRUE**

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
*Topic Area: Healthy Behaviors*

61. *(p. 8)* Women are at a greater risk for depression than are men.
**TRUE**

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
*Topic Area: Healthy Behaviors*

62. *(p. 14)* An external locus of control reinforces motivation and commitment during a behavior change program.
**FALSE**

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

63. *(p. 15)* People in the contemplation stage of change plan to take action within a month.
**FALSE**

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*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

64. *(p. 18)* Food rewards are highly recommended for successful behavior change.
**<u>FALSE</u>**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

65. *(p. 20)* Breaking a plan into smaller steps that a person can accomplish one day at a time may reduce procrastination.
**<u>TRUE</u>**

*Accessibility: Keyboard Navigation*
*Bloom's Taxonomy: Knowledge*
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**Short Answer Questions**

66. Define the seven dimensions of wellness. List two behaviors or habits that would promote the development of each.

Answers will vary

*Bloom's Taxonomy: Knowledge*
*Learning Objective: Describe the dimensions of wellness*
*Topic Area: Dimensions of Wellness*

67. Describe the differences between the major health problems and the leading causes of death in 1900 and in 2000. List two public health developments that contributed to the shift in the leading causes of death during the twentieth century.

Answers will vary

*Bloom's Taxonomy: Comprehension*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
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68. What is the leading cause of preventable death? What does the term "preventable death" mean?

Answers will vary

*Bloom's Taxonomy: Knowledge*
*Learning Objective: Identify the major health problems in the United States today; and discuss their causes*
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69. Discuss the role that lifestyle choices play in determining quality of life. Give at least three examples of healthy lifestyle choices, and explain how they promote quality of life and overall wellness.

Answers will vary

*Bloom's Taxonomy: Analysis*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
*Topic Area: Healthy Behaviors*

70. List at least five benefits of physical activity, and describe how they contribute to wellness.

Answers will vary

*Bloom's Taxonomy: Comprehension*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
*Topic Area: Healthy Behaviors*

71. Identify and describe the two broad national goals of Healthy People 2010. Give at least two examples of specific objectives.

Answers will vary

*Bloom's Taxonomy: Comprehension*
*Learning Objective: Describe the behaviors that are part of a wellness lifestyle*
*Topic Area: Healthy Behaviors*

72. For each of the following scenarios, describe a stage of change that is represented and provide two appropriate strategies to help the person move forward in the cycle of change.

1) José wants to get back into shape, but he can't figure out how to fit activity into his day and doesn't know what to do next about his desire to change.
2) Jalyse has tried unsuccessfully to quit smoking in the past and now assumes that she won't ever be able to quit.
3) Will has decided to improve his diet beginning in two weeks; he has already started to change by eating cereal for breakfast at home one day per week rather than picking up his usual fast-food breakfast on the way to his first class.

Answers will vary

*Bloom's Taxonomy: Application*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*

73. List the five major steps in a behavior change plan of action. Select a target behavior, and briefly describe how you would apply the steps to that behavior.

Answers will vary

*Bloom's Taxonomy: Application*
*Learning Objective: Explain the steps in creating a behavior management plan to change a wellness-related behavior*
*Topic Area: Behavior Change*