

Fit & Well (Fahey), 13e

Chapter 1 Introduction to Wellness, Fitness, and Lifestyle Management

1) Which is one of the nine dimensions of wellness?

- A) logical wellness
- B) ecological wellness
- C) dietary wellness
- D) spiritual wellness

Answer: D

Page Ref: 2

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Spiritual Wellness

Learning Objective: Explain the dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

2) Which of the following is specifically associated with physical wellness?

- A) eating well
- B) self-confidence
- C) compassion
- D) a support network

Answer: A

Page Ref: 3

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Physical Fitness

Learning Objective: Explain the dimensions of wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

3) Which dimension of wellness includes optimism, trust, and self-confidence?

- A) physical wellness
- B) emotional wellness
- C) spiritual wellness
- D) interpersonal wellness

Answer: B

Page Ref: 3

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Relationships

Learning Objective: Explain the dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

4) The ability to think critically is an example of _____ wellness.

- A) emotional
- B) intellectual
- C) interpersonal
- D) spiritual

Answer: B

Page Ref: 3

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Critical Thinking

Learning Objective: Explain the dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

5) 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

Answer: A

Page Ref: 3

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Self-Care

Learning Objective: Explain the dimensions of wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

6) 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

Answer: D

Page Ref: 3

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Spiritual Wellness

Learning Objective: Explain the dimensions of wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

7) Which element does environmental wellness include?

- A) trust
- B) communication skills
- C) meditation
- D) waste reduction

Answer: D

Page Ref: 3

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness

Learning Objective: Explain the dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

8) Which characteristic specifically helps improve interpersonal wellness?

- A) a network of caring people
- B) a great degree of self-confidence
- C) good physical health
- D) an active, creative mind

Answer: A

Page Ref: 3

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Relationships

Learning Objective: Explain the dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

9) Which type of wellness involves the ability to live within your means and to manage your money?

- A) interpersonal
- B) financial
- C) environmental
- D) spiritual

Answer: B

Page Ref: 4

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Wellness Lifestyle Behaviors

Learning Objective: Explain the dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

10) 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

Answer: B

Page Ref: 4

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness

Learning Objective: Explain the dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

11) What was the approximate life expectancy in 1850?

- A) 40 years
- B) 50 years
- C) 60 years
- D) 70 years

Answer: A

Page Ref: 4

Section: Wellness: New Health Goals

Topic: National Health; Life Expectancy

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

12) What was the most serious threat to a person's health in 1850?

- A) coronary heart disease
- B) cancer
- C) infectious disease
- D) stroke

Answer: C

Page Ref: 4

Section: Wellness: New Health Goals

Topic: National Health; Health Problems; Infectious Diseases

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

13) How did the average life expectancy change between 1850 and 2015?

- A) Life expectancy decreased by 10 years.
- B) Life expectancy increased by 10 years.
- C) Life expectancy nearly doubled in length.
- D) Life expectancy nearly tripled in length.

Answer: C

Page Ref: 4

Section: Wellness: New Health Goals

Topic: National Health; Life Expectancy

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

14) Which is an indication of financial wellness?

- A) having many credit cards
- B) controlling your use of credit cards
- C) maintaining a high debt
- D) investing instead of saving

Answer: B

Page Ref: 5

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Wellness Lifestyle Behaviors

Learning Objective: Explain the dimensions of wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

15) 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

Answer: A

Page Ref: 6

Section: Wellness: New Health Goals

Topic: National Health; Chronic Diseases

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

16) 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

Answer: C

Page Ref: 6

Section: Wellness: New Health Goals

Topic: National Health; Causes of Death

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

17) What is the leading cause of death for people between 15 and 24 years old living in the United States?

- A) heart disease
- B) suicide
- C) accidents
- D) cancer

Answer: C

Page Ref: 6

Section: Wellness: New Health Goals

Topic: National Health; Causes of Death

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

18) Which of the following is a main component of the Affordable Care Act (ACA)?

- A) the requirement that people obtain health insurance or pay a penalty
- B) the establishment of individual health promotion goals
- C) the creation of nutritional guidelines
- D) the founding of a federal agency to oversee health concerns

Answer: A

Page Ref: 7

Section: Wellness: New Health Goals

Topic: National Health; Public Policy

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

19) Which is a characteristic of the U.S. government's Healthy People reports?

- A) They fail to address physical activity and nutrition.
- B) They are updated every two years.
- C) They include only broad wellness-related goals.
- D) They seek to achieve a better quality of life for Americans.

Answer: D

Page Ref: 8

Section: Wellness: New Health Goals

Topic: National Health; Public Policy; Healthy People Initiative

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

20) 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

Answer: A

Page Ref: 10

Section: Wellness: New Health Goals

Topic: Diet

Learning Objective: Describe health, wellness, and fitness.

Bloom's: Understand

Accessibility: Keyboard Navigation

21) What is the best strategy for achieving and maintaining a healthy body weight?

- A) short-term diets
- B) colon cleansing
- C) high-protein diets
- D) regular exercise

Answer: D

Page Ref: 10

Section: Wellness: New Health Goals

Topic: Weight; Exercise

Learning Objective: Identify healthy lifestyle behaviors.

Bloom's: Remember

Accessibility: Keyboard Navigation

22) What will most likely result from poor stress management?

- A) an increased susceptibility to diseases
- B) less fatigue
- C) better sleep
- D) an efficient immune system

Answer: A

Page Ref: 10-11

Section: Wellness: New Health Goals

Topic: Stress; Risk Factors

Learning Objective: Describe health, wellness, and fitness.

Bloom's: Remember

Accessibility: Keyboard Navigation

23) Which of the following is associated with tobacco use?

- A) a compromised immune system
- B) liver disease
- C) a small number of deaths each year
- D) the top causes of death in the United States

Answer: D

Page Ref: 11

Section: Wellness: New Health Goals

Topic: Causes of Death; Tobacco

Learning Objective: Identify healthy lifestyle behaviors.

Bloom's: Remember

Accessibility: Keyboard Navigation

24) Which is most likely to result from excessive alcohol consumption?

- A) excessive sleeping
- B) fewer accidental deaths
- C) lower weight
- D) acts of violence

Answer: D

Page Ref: 11

Section: Wellness: New Health Goals

Topic: Alcohol; Health Risk Behaviors

Learning Objective: Identify healthy lifestyle behaviors.

Bloom's: Remember

Accessibility: Keyboard Navigation

25) What is the most effective way of dealing with disease?

- A) medication
- B) prevention
- C) rehabilitation
- D) surgery

Answer: B

Page Ref: 11

Section: Wellness: New Health Goals

Topic: Infectious Diseases; Chronic Diseases; Wellness

Learning Objective: Identify healthy lifestyle behaviors.

Bloom's: Remember

Accessibility: Keyboard Navigation

26) Which is true about the factors involved in wellness?

- A) They are entirely outside of individual control.
- B) They often interact with each other.
- C) They are difficult to identify.
- D) They are easy to change.

Answer: B

Page Ref: 11

Section: Wellness: New Health Goals

Topic: Wellness

Learning Objective: Describe health, wellness, and fitness.

Bloom's: Remember

Accessibility: Keyboard Navigation

27) Which of the following most negatively affects college students' academic performance?

- A) excessive computer use
- B) depression
- C) stress
- D) social life

Answer: C

Page Ref: 11

Section: Wellness: New Health Goals

Topic: Health Problems; Stress

Learning Objective: Describe health, wellness, and fitness.

Bloom's: Remember

Accessibility: Keyboard Navigation

28) What is the first step in trying to change a health-related behavior?

- A) making a personal contract
- B) obtaining knowledge and information
- C) realizing that you can change it
- D) setting specific goals

Answer: C

Page Ref: 13

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

29) When choosing a target behavior to change, how can you maximize your chances of success?

- A) by changing all negative behaviors at once
- B) by starting with a complicated behavior first
- C) by starting with something simple
- D) by targeting multiple behaviors

Answer: C

Page Ref: 13

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Goal Setting

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

30) 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 that 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

Answer: B

Page Ref: 15

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Self-Efficacy

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Remember

Accessibility: Keyboard Navigation

31) Which is the most reliable source for health-related information?

- A) a report about a "dramatic new breakthrough in the world of medicine"
- B) a friend's story about how she lost weight on a new diet
- C) a study by the National Cancer Institute
- D) a social media post based on the latest medical research

Answer: C

Page Ref: 15

Section: Reaching Wellness through Lifestyle Management

Topic: Critical Thinking; Wellness

Learning Objective: Evaluate fitness and wellness information.

Bloom's: Remember

Accessibility: Keyboard Navigation

32) The best kind of Internet resource for information on health would be a website that is

- A) run by a company selling products on the site.
- B) promotional in nature.
- C) operated by a professional association.
- D) updated every six months.

Answer: C

Page Ref: 15

Section: Reaching Wellness through Lifestyle Management

Topic: Critical Thinking; Wellness

Learning Objective: Evaluate fitness and wellness information.

Bloom's: Remember

Accessibility: Keyboard Navigation

33) What is the best definition for 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

Answer: B

Page Ref: 16

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Locus of Control

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Remember

Accessibility: Keyboard Navigation

34) What is likely to happen when people have an external locus of control and believe they have a genetic predisposition to cancer?

- A) They will reinforce their motivation to take appropriate action.
- B) They will sabotage their efforts to take appropriate action.
- C) They will enhance their focus of control.
- D) They will gain a greater sense of control over their lives.

Answer: B

Page Ref: 16

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Locus of Control

Learning Objective: Discuss barriers to behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

35) Which of the following best describes a woman who is 25 pounds overweight, has tried a variety of diets, and defends her weight by claiming all of her relatives are overweight and that none have successfully lost weight?

- A) lack of motivation
- B) external locus of control
- C) internal locus of control
- D) victim of heredity

Answer: B

Page Ref: 16

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Locus of Control

Learning Objective: Discuss barriers to behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

36) Which identifies the precontemplation stage in the stages-of-change model?

- A) awareness of the problem
- B) modification of behavior
- C) belief there is no need for change
- D) planning for change

Answer: C

Page Ref: 17

Section: Reaching Wellness through Lifestyle Management

Topic: Stages of Behavior Change; Transtheoretical Model of Change; Precontemplation

Learning Objective: Identify stages of behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

37) According to the stages-of-change model of changing behavior, at which stage do people begin to make small changes in their behavior?

- A) contemplation stage
- B) preparation stage
- C) maintenance stage
- D) action stage

Answer: B

Page Ref: 17

Section: Reaching Wellness through Lifestyle Management

Topic: Stages of Behavior Change; Transtheoretical Model of Change; Preparation

Learning Objective: Identify stages of behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

38) 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

Answer: C

Page Ref: 17-18

Section: Reaching Wellness through Lifestyle Management

Topic: Goal Setting; Behavior Change Planning

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Remember

Accessibility: Keyboard Navigation

39) 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.

Answer: C

Page Ref: 19

Section: Reaching Wellness through Lifestyle Management

Topic: Goal Setting; Behavior Change Planning

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Understand

Accessibility: Keyboard Navigation

40) Which is the last step in creating a personalized plan for behavior change?

- A) analyzing data
- B) making a contract
- C) monitoring behavior
- D) setting goals

Answer: B

Page Ref: 20

Section: Reaching Wellness through Lifestyle Management

Topic: Preparation; Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

41) 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

Answer: A

Page Ref: 20

Section: Reaching Wellness through Lifestyle Management

Topic: Preparation; Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

42) Which is an example of modifying your environment to support change?

- A) asking a roommate to swim with you three times a week
- B) buying a new CD after completing two 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

Answer: C

Page Ref: 20

Section: Reaching Wellness through Lifestyle Management

Topic: Wellness Lifestyle Behaviors; Behavior Change

Learning Objective: Discuss factors that impact wellness behaviors.

Bloom's: Understand

Accessibility: Keyboard Navigation

- 43) What does a personal contract for behavior change include?
- A) an objective that gives details of a person's plan for behavior change
 - B) a record of the circumstances surrounding a person's target behavior
 - C) a prioritization of the behaviors that a person is considering changing
 - D) an assessment of a person's motivation for changing a health behavior

Answer: A

Page Ref: 20

Section: Reaching Wellness through Lifestyle Management

Topic: Goal Setting; Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

- 44) Which is an example of an appropriate reward for achieving a nutrition behavior change goal?
- A) eating a favorite food
 - B) drinking alcohol
 - C) seeing a movie
 - D) going out to dinner with friends

Answer: C

Page Ref: 20

Section: Reaching Wellness through Lifestyle Management

Topic: Goal Setting; Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

- 45) 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

Answer: C

Page Ref: 21

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Maintenance

Learning Objective: Discuss barriers to behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

46) Which strategy can aid in behavior change?

- A) having social support
- B) implementing a test plan
- C) reacting to challenges
- D) withholding rewards

Answer: A

Page Ref: 21

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Maintenance

Learning Objective: Discuss factors that impact wellness behaviors.

Bloom's: Understand

Accessibility: Keyboard Navigation

47) 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 friends to change their behavior too.

Answer: B

Page Ref: 21

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Maintenance

Learning Objective: Discuss factors that impact wellness behaviors.

Bloom's: Understand

Accessibility: Keyboard Navigation

48) Which is true 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.

Answer: C

Page Ref: 21

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Maintenance

Learning Objective: Discuss factors that impact wellness behaviors.

Bloom's: Remember

Accessibility: Keyboard Navigation

49) Which of the following is most likely true if 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 is unlikely to have any impact on your plan and should be ignored.
- D) It may require you to make stress management a higher priority.

Answer: D

Page Ref: 21

Section: Reaching Wellness through Lifestyle Management

Topic: Stress; Behavior Change; Barriers to Change

Learning Objective: Discuss barriers to behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

50) Which is the best example of procrastination?

- A) I wanted to exercise today, but I have felt sick since lunchtime.
- B) I better wait until the summer to start my exercise program.
- C) I did not exercise today because my mom visited unexpectedly from out of town.
- D) I wanted to lift weights today, but I had time only to go for a run.

Answer: B

Page Ref: 21

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Barriers to Change

Learning Objective: Discuss barriers to behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

51) Which is an example of rationalization?

- A) I will start an exercise program just as soon as the semester is over.
- B) Next year is when I will start to exercise.
- C) I could not exercise today because I had to visit a friend.
- D) I do not exercise because I do not like it.

Answer: C

Page Ref: 21

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Barriers to Change

Learning Objective: Discuss barriers to behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

52) 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.

Answer: B

Page Ref: 21

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Barriers to Change

Learning Objective: Discuss barriers to behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

53) The wellness concept defines health as the absence of disease.

Answer: FALSE

Page Ref: 2

Section: Wellness: New Health Goals

Topic: Wellness

Learning Objective: Describe health, wellness, and fitness.

Bloom's: Remember

Accessibility: Keyboard Navigation

54) Self-confidence is one characteristic of a person who possesses good emotional health.

Answer: TRUE

Page Ref: 3

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness; Self-Care

Learning Objective: Explain the dimensions of wellness.

Bloom's: Remember

Accessibility: Keyboard Navigation

55) In 1850, a person was most likely to die of chronic diseases.

Answer: FALSE

Page Ref: 4

Section: Wellness: New Health Goals

Topic: National Health; Chronic Diseases; Causes of Death

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

56) Under the Affordable Care Act (ACA), if you do not have health insurance you must pay a federal penalty.

Answer: TRUE

Page Ref: 7

Section: Wellness: New Health Goals

Topic: National Health; Public Policy

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

57) Most health problems occur at the same rate for men and for women.

Answer: FALSE

Page Ref: 9

Section: Wellness: New Health Goals

Topic: National Health; Risk Factors; Sex Differences; Health Disparities

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

58) Women are at a greater risk for depression than are men.

Answer: TRUE

Page Ref: 9

Section: Wellness: New Health Goals

Topic: National Health; Risk Factors; Sex Differences; Health Disparities

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

59) Approximately 75% of all Americans exercise regularly.

Answer: FALSE

Page Ref: 10

Section: Wellness: New Health Goals

Topic: Wellness Lifestyle Behaviors; National Health; Exercise

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Remember

Accessibility: Keyboard Navigation

60) Regular exercise is a crucial factor in preventing chronic disease.

Answer: TRUE

Page Ref: 10

Section: Wellness: New Health Goals

Topic: Wellness Lifestyle Behaviors; Exercise

Learning Objective: Identify healthy lifestyle behaviors.

Bloom's: Remember

Accessibility: Keyboard Navigation

61) Prevention is the most effective way of dealing with chronic disease.

Answer: TRUE

Page Ref: 11

Section: Wellness: New Health Goals

Topic: Chronic Diseases; Wellness

Learning Objective: Identify healthy lifestyle behaviors.

Bloom's: Understand

Accessibility: Keyboard Navigation

62) Reliable sources of health information include recognized medical or academic journals, government agencies, and peer-reviewed medical studies.

Answer: TRUE

Page Ref: 15

Section: Reaching Wellness through Lifestyle Management

Topic: Critical Thinking; Wellness

Learning Objective: Evaluate fitness and wellness information.

Bloom's: Remember

Accessibility: Keyboard Navigation

63) An external locus of control reinforces motivation and commitment during a behavior change program.

Answer: FALSE

Page Ref: 16

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Locus of Control

Learning Objective: Discuss factors that impact wellness behaviors.

Bloom's: Understand

Accessibility: Keyboard Navigation

64) People in the contemplation stage of change plan to take action within a month.

Answer: FALSE

Page Ref: 17

Section: Reaching Wellness through Lifestyle Management

Topic: Stages of Behavior Change; Transtheoretical Model of Change; Contemplation

Learning Objective: Identify stages of behavior change.

Bloom's: Remember

Accessibility: Keyboard Navigation

65) Food rewards are highly recommended for successful behavior change.

Answer: FALSE

Page Ref: 20

Section: Reaching Wellness through Lifestyle Management

Topic: Goal Setting; Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Understand

Accessibility: Keyboard Navigation

66) Breaking a plan into smaller steps that a person can accomplish one day at a time may reduce procrastination.

Answer: TRUE

Page Ref: 21

Section: Reaching Wellness through Lifestyle Management

Topic: Goal Setting; Behavior Change Planning

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Understand

Accessibility: Keyboard Navigation

67) Define the nine dimensions of wellness. List two behaviors or habits that would promote the development of each.

Answer: Answers will vary.

Page Ref: 2

Section: Wellness: New Health Goals

Topic: Dimensions of Wellness

Learning Objective: Explain the dimensions of wellness.

Bloom's: Understand

Accessibility: Keyboard Navigation

68) Describe the differences between the major health problems and the leading causes of death in 1850 and in 2015. List two public health developments that contributed to the shift in the leading causes of death during the twentieth century.

Answer: Answers will vary.

Page Ref: 4

Section: Wellness: New Health Goals

Topic: National Health; Health Problems; Causes of Death; Public Policy

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Understand

Accessibility: Keyboard Navigation

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.

Answer: Answers will vary.

Page Ref: 6

Section: Wellness: New Health Goals

Topic: Wellness Lifestyle Behaviors

Learning Objective: Identify healthy lifestyle behaviors.

Bloom's: Analyze

Accessibility: Keyboard Navigation

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

Answer: Answers will vary.

Page Ref: 10

Section: Wellness: New Health Goals

Topic: Physical Fitness; Wellness Lifestyle Behaviors; Exercise

Learning Objective: Identify healthy lifestyle behaviors.

Bloom's: Understand

Accessibility: Keyboard Navigation

71) Discuss alcohol, tobacco, and drug use as causes of death, both through diseases and accidents, in the United States.

Answer: Answers will vary.

Page Ref: 11

Section: Wellness: New Health Goals

Topic: National Health; Causes of Death; Tobacco; Alcohol

Learning Objective: Outline the major health challenges of Americans.

Bloom's: Understand

Accessibility: Keyboard Navigation

72) Discuss and provide examples of reliable sources of health and medical information, including Internet resources.

Answer: Answers will vary.

Page Ref: 15

Section: Reaching Wellness through Lifestyle Management

Topic: Behavior Change; Self-Efficacy

Learning Objective: Identify strategies for increasing motivation for change.

Bloom's: Apply

Accessibility: Keyboard Navigation

73) For each of the following scenarios, describe the 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 cannot figure out how to fit activity into his day and does not 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 will never be able to quit.
- 3) Will has decided to improve his diet. 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.

Answer: Answers will vary.

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Section: Reaching Wellness through Lifestyle Management

Topic: Stages of Behavior Change; Transtheoretical Model of Change; Precontemplation; Preparation; Contemplation

Learning Objective: Identify stages of behavior change.

Bloom's: Apply

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74) 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.

Answer: Answers will vary.

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Section: Reaching Wellness through Lifestyle Management

Topic: Goal Setting; Behavior Change Planning

Learning Objective: Create a plan for behavior change.

Bloom's: Apply

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