
Fitness and Wellness Chapter 1 Exam Questions & Answers (GRADED A+)

Chapter 1 -ANSWER -Physical Fitness and Wellness

Health -ANSWER --State of complete well-being—not just the absence of disease or infirmity

Threats to health in America -ANSWER -1. Tobacco Use

2. Sedentary Death Syndrome (SeDS)

-Cause of deaths attributed to a lack of regular physical activity

-Sedentary: a person who is relatively inactive and whose lifestyle is characterized by a lot of sitting

-1 out of 10 deaths attributed to inactivity

3 factors affect health and longevity -ANSWER --Behavior: affects health/longevity the most—health related behaviors are most important

-Genetics: affects 16% of your health

-Environment

Life Expectancy -ANSWER -The number of years a person is expected to live based on the persons birth year

-U.S. average=78.3 years

-U.S. ranked 28th in world

Factors affecting life expectancy -ANSWER --extremely poor health of certain groups

-obesity epidemic—32% obese

-low levels of daily physical activity

-high incidence of tobacco use

-high incidence of CHD (coronary heart disease)

-Fairly high levels of violence

Healthy life expectancy=years of illness subtracted from life expectancy

In the future... -ANSWER -A decrease in lifespan of 5 years is predicted due to the detrimental effects of obesity

-32% of the U.S. population is currently obese

-Childhood obesity—Type 2 diabetes

Blue Zones -ANSWER -Places in the world where people live to 100 and stay healthy!

-Fort Worth "Blue Zone Project" City

Fitness For Life Chapter1test Answers

Mike Jess



Fitness For Life Chapter1test Answers:

Fitness For Life Chapter1test Answers Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Fitness For Life Chapter1test Answers**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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