Name
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## Health Test 1

## Leading a Healthy Life and Staying Physically Active for Life

Understanding Key Terms to lead a healthy lifestyle

For	For each of the definitions below, choose the key term that best matches the definition.						
	Key Terms:						
A. B. C. D. E.	Advocate Health Health Literacy Lifestyle Disease Public Health	F. G. H. I. J.	Public Service Announcement (PSA) Risk Factor Sedentary Value Wellness				
Defi 1.	Definitions: 1. The practice of protecting and improving the health of people in a community						
2.	A message created to educate people about an issue						
3.	The achievement of a persons best in all six components of health						
4.	A strong belief or ideal						
5.	Not taking part in physical activity on a regular basis						
6.	Anything that increases the likelihood of injury, disease, or health problems						
7.	7. Knowledge of health information needed to make good choices about your health						
Understanding Key Ideas							
8. Why is important to know your "Target Heart Range?" Explain in your own words:							
9. V	9. Which of the following is a controllable risk factor?						
A.	Race	C.	Gender				
В.	Age	D.	Exercise				
10.	0. Which of the following is not a common cause of death for your age group?						
A. B.	Heart Disease Motor Vehicale Accidents	C. D.	Suicide Homicide				

11. Identify the health component that involves working on the quality of your relationships with others.					
12. Describe how you can take charge of your wellness through your attitude.					
13. Using the pie chart determine the number one cause of death for ages:	Figure 2. Percent distribution of the 10 leading causes of d	National Vital Statistics Reports, Vol. 70, No. 9, July 26, 2021 1: eath, by age group: United States, 2019			
10 - 24	Ages 1-0  Open Uninterstoral Paymes	Ages 10–24  Influences Stroke 0.6  powerround 0.7  CLRID 0.8  CLRID 0.8  14.1  Malfornations 1.8  Usersetround			
25 - 44	Benign necolatms 1.3 Stroke 1.5 September 2.9 Influenza and pneumoria 7.7 July 10.9 Influenza and 7.7 July 10.1 10.1 10.1 10.1 10.1 10.1 10.1 10.	Heart disease 2.9 Cancer 38.1  Homicide 15.1 Suicide 19.7			
45 - 64	Homicide Congenital malformations				
85 and Over	Septicemia 0.8   Cither   Cith	Ages 45-64  Other 207  Septiceria 1.5.  Solvice 3.0  Strole 3.4  Datebets 4.2  Chronic liver disease 3.0  Unrelectoral hypers 3.0  Ages 85 and over			
Extra Credit	Perkinson disease 16 24.9 23.1 September 2.1	Other 274 Heart disease 214 Hypertension 1.7 — Cannor 11.9 Disbers 20			
E C Define the best that you can the following terms:	Diabetes 5.7 Stroke CLRD Alzheimer disease 6.1 6.3	Juenza and pneumonia 2.2  Unintentional Injuries  4.9 Stroke 7.4  Alzheimer disease			
Physical Activity -	NOTEC, CJRD is Chronic lower respirator, diseases. Values plous percentage of total deaths. SOURCE: National Center for Health Statesice, National Vital Statesics System, Mortally,	•			
Exercise -					
DI CLEY					
Physical Fitness -					