Name_____

Health Test 1

Leading a Healthy Life and Staying Physically Active for Life

Understanding Key Terms to lead a healthy lifestyle

For each of the definitions below, choose the key term that best matches the definition.

Key Terms:

A.   Advocate
B.   Health
C.   Health Literacy
D.   Lifestyle Disease
E.   Public Health

F.   Public Service Announcement (PSA)
G.   Risk Factor
H.   Sedentary
I.   Value
J.   Wellness

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.   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. Which of the following is a controllable risk factor?

A.   Race
B.   Age

C.   Gender
D.   Exercise

10.   Which of the following is not a common cause of death for your age group?

A.   Heart Disease
B.   Motor Vehicale Accidents

C.   Suicide
D.   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 death, by age group: United States, 2019

10 - 24 _____

25 - 44 _____

45 - 64 _____

85 and Over _____
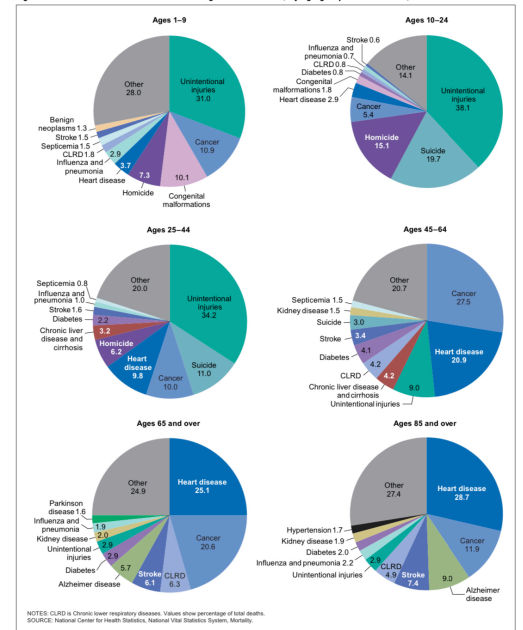
Extra Credit

E C   Define the best that you can the following terms:

Physical Activity -

Exercise -

Physical Fitness -