**HEALTH – Final Exam Review**

-Balance is the most important thing when considering your health

-Mindless eating is most likely to cause you to gain weight

-Physical activity can help you get along with others by helping you manage stress

-Positive values are beliefs or standards of conduct that you find important (honesty, integrity, loyalty)

 -30 to **60** minutes of activity is recommended each day

-An increase in stress is not a mental or emotional benefit from physical activity

-Physical fitness is the ability to carry out daily tasks with energy left to meet unexpected demands

-Mental/emotional health deals with your feelings and thoughts

-Acting on impulse is not a positive way to mange stress

-Proteins, carbs, and fats are all sources of energy

-Calcium is necessary for healthy bones

-Food choices can be influenced by advertising

-60 minutes of physical activity is recommended for TEENS each day

-Weight lifting is not an aerobic activity

-A cool-down is a low-intensity exercise to bring your body back to its normal resting state

-The “F” in FITT, when dealing with exercise, stands for frequency

-Osteoporosis is a condition that involves a progressive loss of bone tissue

-The cardiovascular system deals with having a strong heart and effective blood flow

-The respiratory system is improved through exercise, resulting in more effective lung use and air delivery

-The “R” in RICE stands for rest when dealing with injury treatment

-The “C” in RICE stands for compress

-Long, short, and flat are all common bone shapes

-Dislocation occurs when bone slips from a normal joint position

-A concussion occurs when there is a temporary disturbance of a brain’s ability to function

-Injection, inhalation, and oral delivery are all major ways drugs are taken into the body

-Emphysema is a disease that slowly rots your lungs, which leads to heart failure and bronchitis

-FDA stands for Food and Drug Administration

-About 90% of adult smokers began the habit as teenagers

-Nicotine is the main addictive substance found in tobacco

-Thought clarification is not a symptom of alcohol poisoning

-Adult drivers with a BAC of .08 can be charged with drunk driving

-Abuse, addiction, and dependence are the three stages of alcohol abuse

-Ethanol is the powerful and addictive substance found in alcohol

-FAS is the acronym for a group of alcohol-related birth defects that include physical and mental problems

-Aggressive, passive, and assertive are the three major styles of communication

-Brushing someone off who is thinking about suicide is not a step you should take to help

-If a friend tells you they want to kill themselves, you should tell a trusted adult

-Mutual respect deals with treating other with respect, and getting the same in return

-The key to good communication is to say what you mean

-Commitment is a quality that deals with a strong contribution to keeping a strong bond

-Risk behaviors – actions that can potentially threaten your health or the health of others

-Culture – the collective beliefs, customs, and behaviors of a group

-Prevention – taking steps to keep something from happening

-Stigma – mark of shame of disapproval that results in someone being shunned

-Stressor – anything that causes stress

-Progression – gradually increasing the demands of the body

-Sedentary – involving little physical activity

-Overload – exercising at a level that is beyond your regular daily activities

-Cool-down – low-level activity that prepares your body to return to a resting state

-Exercise – purposeful physical activity that is planned, structured, and repetitive

-Cocaine – rapidly acting, powerful and highly addictive stimulant (white powder from coca plants)

-Ecstasy – “MDMA”… a drug with both stimulant an hallucinogenic effects

-Heroin – a processed form of morphine that is injected, snorted, or smoked

-Carcinogen – a cancer-causing substance

-Carbohydrates – starches and sugars in food that provide most of the body’s energy

-Fiber – tough, complex carbohydrate that the body cannot digest

-Proteins – Nutrients the body uses to build and maintain cells and tissues

-Cholesterol – waxy, fatlike substance found in the blood

-Vitamins – compounds found in food that provide most of the body’s energy

-Biopsy – surgical procedure in which a small piece of tissue is removed and examined

-Hypothermia – a serious loss of body heat that causes the body temperature to fall below normal

-Bulimia – eating disorder in which a person goes on eating binges followed by purging

-Decibel – units of intensity or loudness of sound

-Histamine – substance released in toxic amounts when you eat food in which you are allergic

-Friendship – a significant relationship between two people that is based on trust and consideration

-Compromise – a problem-solving method in which each participant gives up something to reach a solution

-Hazing – making others perform certain tasks in order to join the group

-Stereotype – an exaggerated or oversimplified belief about people who belong to a certain group

-Role – the part you play in a relationship

-Phobia – anxiety or fear brought about by a specific anticipation

-Anxiety – fear that does not have an identifiable source

-Epidemic – an outbreak that strikes many people in a short period of time

-Regression – showing the emotional behavior characteristic of a young child

-Gene – a part of the chromosome that determines a single trait

-Drug - any substance that alters the way cells or tissues function

-Enamel - hard outer layer that covers the crown of the tooth

-Zygote - united egg and sperm, which begins to divide shortly after fertilization

-Enzyme - substance that speeds up the chemical reactions in digestion

-Incisors - teeth with sharp edges at the front of the mouth that cuts food

-One of the leading risk behaviors of young people is getting inadequate physical activity

-3500 calories is equal to one pound of fat

-Heredity is an influence that you cannot control

-A high level of wellness has a positive impact on the community

-Flexibility deals with the ability to move your body through a full range of motion

-Practicing abstinence usually leads to a high level of wellness

-The three main components of Health are physical, mental/emotional, and social

-Writing in a diary is an example of a positive coping strategy

-Suicide normally happens after warning signs

-The natural physical drive for food is your hunger

-Metabolism is a process that breaks down food to provide energy for the body

-We all have the ability to make others happy