

Health test 1 chapters 1-3

Chapter 1: God's purpose and your life's mission

1. Set an overall goal
 - SMART
 - ~Specific- not just "lose weight"
 - ~Measurable- something that can be tracked (pounds/distance)
 - ~Attainable- challenging but possible (realistic)
 - ~Relevant- is this important to me? Something I want to do? Why am I doing this?
 - ~Time bound- set a deadline, a date/event
2. assess your present lifestyle
 - what hinders you from reaching your goals?
3. design a specific plan
 - 6 glasses of water
 - 5 servings of fruits and vegetables
 - 4/3 days of exercise
 - 2 hours of screen time
 - 1 fried food per week
 - 0 calories in drinks
4. predict obstacles
5. plan intervention strategies
6. accountability partner
7. assess progress toward the overall goal

Chapter 2: body image and eating disorders

- >Weight preoccupation- variety of dieting, body image, eating disorders, other obsession with weight and food
- >6 billion people are on "diets"
- >More than 75% of people with a healthy weight see themselves as fat
- >50% of high school girl's diet
- >dieting- futile, often harmful process of restrictive eating
- >dieting creates a preoccupation with thinness and a false belief of self-worth
- >some effects of dieting are: depression, low self-esteem, irritability
- >caused by influence or culture
- >people who feel unloved and out of control will try to control their body
- >body image- what we picture ourself as
- >4 dimensions
 - cognitive: what we think of ourself
 - affective: feels or emotions
 - perception: "I see myself as.."
 - behavioral: things we do to change physically
- >every person has a body image

Lifetime Health Chapters

G Psacharopoulos



Lifetime Health Chapters:

The Enigmatic Realm of **Lifetime Health Chapters**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Lifetime Health Chapters** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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