

Wellness Final Exam Questions With Correct Answers @ 2024

Life expectancy for a child born today in the United States is between _____ years -
Answer 70 & 80

_____ is calculated by subtracting years of ill health from overall life expectancy - Answer
Healthy life expectancy

The second leading cause of death in the U.S. for adults is: - Answer Cancer

Tobacco use causes _____ percent of lung cancer in the United States - Answer 87

The leading cause of fatal car accidents in the U.S. is: - Answer Alcohol intoxication

The 1996 Surgeon General's Report on Physical Activity and Health stated that regular
_____ intensity activity can prevent premature death, unnecessary illness and disability.
- Answer Moderate

_____ Wellness is the dimension most commonly associated with being healthy. -
Answer Physical

The greatest benefit of health benefits is that physically fit individuals: - Answer Enjoy
better quality of life

Saying "I'll deal with the consequences later" is the _____ barrier to change - Answer
Risk complacency

People with an internal locus of control: - Answer Have better exercise adherence

SMART stands for: - Answer Specific Measurable Achievable Realistic Time

The belief that our destiny is in our genes is the _____ barrier to change - Answer
Indifference and helplessness

The solution to problems of competence is to: - Answer Master the skills you need to
participate

During the Contemplations stage of the Transtheoretical Model, people usually: - Answer
Weigh the pros and cons changing

The action stage of the Transtheoretical Model: - Answer Requires the greatest

Wellness Final Exam Review

S Ben Porath



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