

# NESTA-PFT Reliable Braindumps Ppt | NESTA-PFT Reliable Exam Book



Our NESTA-PFT study materials have a high quality which is mainly reflected in the pass rate. Our product can promise a higher pass rate than other study materials. 99% people who have used our NESTA-PFT study materials passed their exam and got their certificate successfully, it is no doubt that it means our NESTA-PFT Study Materials have a 99% pass rate. So our product will be a very good choice for you. If you are anxious about whether you can pass your exam and get the certificate, we think you need to buy our NESTA-PFT study materials as your study tool, our product will lend you a good helping hand.

Although the NESTA-PFT certificate is good, people who can successfully obtain each year are rare, and the difficulty of the NESTA-PFT exam and the pressure of study usually make the students feel discouraged. However, for us, these will no longer be a problem. In the past few years, our team has ushered in hundreds of industry experts, experienced numerous challenges day and night, and finally formed complete learning products--NESTA-PFT Exam Torrent, which is tailor-made for students who want to obtain the NESTA-PFT certificate.

>> NESTA-PFT Reliable Braindumps Ppt <<

## NESTA-PFT Reliable Exam Book - Exam NESTA-PFT Pattern

Here, we provide you with NESTA-PFT accurate questions & answers which will be occurred in the actual test. About explanations, the difficult issues will be along with detail explanations, so that you can easy to get the content of our Fitness NESTA-PFT pdf vce and have a basic knowledge of the key points. Besides, you can choose the NESTA-PFT Vce Format files for simulation test. It can help you enhance your memory and consolidate the knowledge, thus the successful pass is no longer a difficult thing.

## Fitness NESTA Personal Fitness Trainer (NESTA-PFT) Sample Questions (Q41-Q46):

### NEW QUESTION # 41

Amenorrhea is best defined as:

- A. the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur

- B. the disturbance in the way his or her body weight, size, or shape is experienced
- C. undue influence of body weight
- D. none of the above

**Answer: A**

Explanation:

Amenorrhea is a medical term used to describe the absence of menstrual periods in a woman who is of reproductive age. It can be classified into two types: primary amenorrhea and secondary amenorrhea. Primary amenorrhea refers to the condition where a female has not started menstruating by the age of 16, whereas secondary amenorrhea is defined as the cessation of menstrual periods in a woman who has previously menstruated regularly and experiences the absence of menstruation for three consecutive cycles or more.

The most precise definition of amenorrhea, as given in the options above, would be "the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur." This definition specifically addresses secondary amenorrhea, which is more common than primary amenorrhea. Secondary amenorrhea can be caused by a variety of factors including hormonal imbalances, excessive physical exercise, eating disorders such as anorexia nervosa, stress, and certain medical conditions affecting the reproductive system or the endocrine system.

It is important to note that the cessation of menstrual cycles as mentioned in the question can lead to several other health complications. For instance, the reference to anorexia nervosa highlights how severe eating disorders can interrupt normal menstrual cycles due to extreme weight loss and malnutrition. This disruption in the menstrual cycle is just one aspect of the broader spectrum of health issues caused by such disorders, including cardiovascular problems like arrhythmias, severe nutrient deficiencies, and even life-threatening conditions.

Therefore, while the other options provided in the question might relate to symptoms or consequences associated with amenorrhea (such as those seen in eating disorders), the most accurate and straightforward definition of amenorrhea in a clinical sense is "the absence of at least 3 consecutive menstrual cycles when otherwise expected to occur." This definition underscores the condition's specificity to the reproductive health of women, separate from the broader medical or psychological issues that might also be present.

#### NEW QUESTION # 42

For individuals with cancer, the exercise mode should be:

- **A. A and B**
- B. intensity of 75-80% of maximal heart rate
- C. 15-30 minutes in duration
- D. treadmill, walking, stationary cycling, low-impact or step aerobics

**Answer: A**

Explanation:

For individuals with cancer, selecting the appropriate exercise mode is crucial for ensuring safety while promoting physical well-being. The recommended types of exercise include treadmill walking, stationary cycling, and low-impact or step aerobics. These activities are generally safe and effective for maintaining fitness without overly stressing the body.

The options "A and B" indicate that both treadmill walking and stationary cycling are suitable choices. These exercise forms allow for control over intensity and duration, which is particularly important for individuals with cancer who may have varying levels of physical capacity and endurance. Treadmill walking provides a predictable and adjustable environment where speed and incline can be tailored to match the individual's current fitness level. Similarly, stationary cycling offers a low-impact exercise alternative that minimizes stress on weight-bearing joints while still providing cardiovascular benefits.

Low-impact or step aerobics can also be appropriate, provided they are modified to meet the lower intensity and gentler movement requirements suitable for cancer patients. These forms of exercise help in maintaining flexibility, balance, and strength, which are essential for overall health and can aid in recovery and management of cancer treatment side effects.

It is important to avoid heavy lifting, especially in the initial stages of training. Cancer treatments such as surgery, radiation, and chemotherapy can affect physical strength and endurance, making heavy lifting risky. The emphasis should instead be on gradually increasing activity levels as the individual's condition allows.

Allowing for adequate rest intervals between exercises and sessions is crucial. Cancer patients may experience increased fatigue, and adequate rest helps in preventing overexertion and promotes recovery. Progression in the intensity and duration of exercises should be slow and closely monitored, based on the individual's response to the activity.

The exercise sessions should be carefully timed to last between 15-30 minutes, especially in the beginning or during periods of low energy. This duration is sufficient to gain health benefits without causing excessive fatigue. Over time, and with medical approval, the duration of exercise may be gradually increased if it is well-tolerated.

Regarding the intensity of exercise, it is generally advised to maintain it at a moderate level, around 75-80% of maximal heart rate, if

the individual's condition permits. This level of intensity is effective in improving cardiovascular health and endurance, but it should be reached gradually and only after assessing the patient's initial fitness level and overall health status.

In summary, for individuals with cancer, exercise should be tailored to their specific needs and capacities. It should focus on low-impact, moderate-intensity activities such as treadmill walking, stationary cycling, and adapted aerobics. Heavy lifting should be avoided, and rest periods should be ample to prevent fatigue. The primary goal is to enhance quality of life, manage symptoms, and improve physical function in a safe and effective manner.

#### NEW QUESTION # 43

Many people find physical activity draining and a chore. This is not desirable. You want your client to have an enjoyable experience in order to increase program adherence. You can do this by:

- A. insisting on weight training for maximum results
- B. none of the above
- C. scheduling them for a fitness class
- D. finding out what kinds of activities they like to do.

**Answer: D**

Explanation:

It's essential for the success of any fitness program that the participant finds the activities enjoyable and engaging. This not only enhances their overall experience but also significantly increases the likelihood of adherence to the program. Here's an expanded explanation of how to achieve this:

The first step is to understand the preferences of the client. This involves discovering the types of physical activities they enjoy. People vary greatly in their interests; some might prefer low-intensity, rhythmic activities like yoga or pilates, while others might find joy in more dynamic and high-energy activities like dancing or competitive sports. The key is to align the fitness program with these interests as closely as possible.

For instance, if a client expresses a dislike for traditional gym workouts such as weight-lifting but shows an interest in dance, it would be beneficial to incorporate dance-oriented fitness classes like Zumba or STEP into their regimen. These classes combine music and choreographed dance moves, offering a fun and exciting way to exercise that might appeal more to someone who enjoys dancing. Utilizing questionnaires can be an effective approach to gather detailed information about a client's preferences and attitudes towards different forms of exercise. These insights can help tailor a fitness program that feels less like a chore and more like an enjoyable activity. By asking the right questions, trainers can uncover invaluable information that aids in designing a program that is not only effective but also motivates the client to remain consistent.

Insisting on a particular type of exercise, such as weight training, regardless of the client's interest, might lead to a lack of motivation and decrease program adherence. It's crucial to balance the program's effectiveness with the client's enjoyment. If weight training is necessary, it might be introduced gradually or combined with other preferred activities to make the experience more enjoyable. Finally, scheduling them for a fitness class in an activity they enjoy can also provide a social dimension, which is often motivating. Being part of a class can create a community feeling and add a layer of commitment through social interactions with peers who share similar interests. In conclusion, understanding and integrating a client's interests into their fitness program is essential. It not only makes the physical activities more enjoyable but also increases the likelihood of long-term adherence, ultimately leading to better health outcomes.

#### NEW QUESTION # 44

Some medications prescribed to patients with heart conditions reduce \_\_\_\_\_ in the bloodstream.

- A. cholesterol
- B. water
- C. hemoglobin
- D. pain

**Answer: A**

Explanation:

The question asks: "Some medications prescribed to patients with heart conditions reduce \_\_\_\_\_ in the bloodstream." It appears that the choices given for the blank are hemoglobin, water, cholesterol, and pain. To determine the correct answer, let's explore each option in the context of heart conditions and medications.

**\*\*Hemoglobin:\*\*** Hemoglobin is a protein in red blood cells that carries oxygen from the lungs to the rest of the body and returns carbon dioxide from the body to the lungs. While there are conditions that might require manipulation of hemoglobin levels, medications specifically prescribed for heart conditions do not typically target hemoglobin directly. Instead, they focus on factors that

affect heart workload and blood flow.

**\*\*Water:\*\*** While not a direct target, some medications for heart conditions such as diuretics are used to reduce water retention in the body. Diuretics help the kidneys remove excess water and salt from the body through urine. This reduction in fluid volume can decrease the workload on the heart and lower blood pressure, which is beneficial in heart failure and hypertension. However, the statement about reducing "water in the bloodstream" is not accurate; diuretics reduce overall body water volume, which indirectly affects the blood volume.

**\*\*Cholesterol:\*\*** Many heart conditions are exacerbated by high cholesterol levels, which can lead to atherosclerosis (narrowing of the arteries due to plaque buildup). Medications such as statins are commonly prescribed to reduce cholesterol levels and manage the risk associated with heart disease. By lowering cholesterol, these drugs help prevent further arterial blockage and reduce the risk of heart attacks and strokes.

**\*\*Pain:\*\*** While managing pain is important in overall healthcare, medications specifically intended to reduce pain are not typically used to directly treat heart conditions. Pain relief may be a secondary effect of some medications that improve overall heart function or reduce complications from heart disease, but it is not the primary target when treating heart conditions with medication. Based on this analysis, the most suitable answer to fill in the blank would be "cholesterol." Medications prescribed for heart conditions often aim to reduce cholesterol levels in the bloodstream to manage and prevent complications arising from heart disease.

### NEW QUESTION # 45

Commitment to a regular workout regimen does all of the following except:

- A. generates a greater sense of well-being
- B. increases fitness level
- C. raises blood pressure and cholesterol levels
- D. improves health

**Answer: C**

Explanation:

The question presented is: "Commitment to a regular workout regimen does all of the following except:" To answer this question accurately, it's essential to understand the usual effects of a regular workout regimen on the human body. Generally, engaging in regular physical activity brings multiple health benefits, which include: 1. **\*\*Increases Fitness Level:\*\*** Regular exercise improves cardiovascular fitness, strengthens muscles, and enhances flexibility. This overall increase in fitness helps in performing daily activities more efficiently and with less fatigue. 2. **\*\*Improves Health:\*\*** Exercise boosts the immune system, helps in maintaining a healthy weight, and reduces the risk of developing chronic diseases such as diabetes, heart disease, and certain types of cancer. 3. **\*\*Generates a Greater Sense of Well-Being:\*\*** Regular physical activity can improve mental health by reducing anxiety, depression, and negative mood. It can also boost self-esteem and cognitive function.

Contrary to the beneficial effects listed above, the option "raises blood pressure and cholesterol levels" stands out as typically incorrect regarding the impact of regular exercise. Regular physical activity is known to help lower blood pressure and improve cholesterol levels, which are critical factors in preventing heart disease and stroke. Here's a breakdown of how exercise affects these aspects: - **\*\*Lowering Blood Pressure:\*\*** Exercise helps in managing weight, reducing stress, and keeping the heart and blood vessels in good condition, which in turn helps to lower high blood pressure or maintain a healthy blood pressure. - **\*\*Improving Cholesterol Levels:\*\*** Physical activity can help raise high-density lipoprotein (HDL), or "good" cholesterol, while lowering low-density lipoprotein (LDL), or "bad" cholesterol. This balance is crucial in reducing the risk of atherosclerosis (plaque build-up in the arteries) and heart disease.

Therefore, the correct answer to the question is that a commitment to a regular workout regimen does not "raise blood pressure and cholesterol levels." Instead, it typically lowers or helps manage these levels, contributing to an individual's overall cardiovascular health.

### NEW QUESTION # 46

.....

Our company is a multinational company which is famous for the NESTA-PFT training materials in the international market. After nearly ten years' efforts, now our company have become the topnotch one in the field, therefore, if you want to pass the NESTA-PFT exam as well as getting the related certification at a great ease, I strongly believe that the NESTA-PFT Study Materials compiled by our company is your solid choice. To be the best global supplier of electronic NESTA-PFT study materials for our customers' satisfaction has always been our common pursuit.

**NESTA-PFT Reliable Exam Book:** <https://www.validvce.com/NESTA-PFT-exam-collection.html>

ValidVCE provides 24/7 customer support to answer any of your queries or concerns regarding the NESTA Personal Fitness

