

Health-Fitness-and-Wellness Valid Study Plan & Standard Health-Fitness-and-Wellness Answers

Daily Study Planner



Date: August 6

WAKE UP AT	SLEEP AT	TODAY'S SUBJECTS
6:00 AM	10:00 PM	1. Data Analytics 2. Business 3. Social Entrepreneurship 4. Operation Optimization
HOURS TO STUDY		DEADLINES
PLANNED	8 hours	1. Data Findings, August 7 2. Business Reports, August 8 3. Social Entrepreneurship Output, August 10 4. Recommendation Paper, August 10 5. Proposal for Operation Optimization, August 12
ACTUAL	10 hours	GOALS
TIMETABLE		1. Complete sorting data from last week 2. Analyze data 3. Form conclusions and recommendations 4. Finish 3 business reports 5. Complete the social entrepreneurship output 6. Make an outline for the operation optimization proposal
6:00	Preparation	STUDY PROGRESS
7:00	Breakfast, Shower	1. Done organizing and analyzing data 2. Finished 2 out of 3 business reports 3. Half-way through the social entrepreneurship output 4. Finished writing outlines for the proposal
8:00	Data Analytics	
9:00	Data Analytics	
10:00	Break	
11:00	Data Analytics	
12:00	Lunch	
13:00	Complete Business Reports	
14:00	Complete Business Reports	
15:00	Complete Business Reports	
16:00	Break	
17:00	Study Social Entrepreneurship	
18:00	Study Social Entrepreneurship	
19:00	Dinner	
20:00	Study Operation Optimization	
21:00	Study Operation Optimization	
22:00	Rest	

Our world is in the state of constant change and evolving. If you want to keep pace of the time and continually transform and challenge yourself you must attend one kind of Health-Fitness-and-Wellness certificate test to improve your practical ability and increase the quantity of your knowledge. Buying our Health-Fitness-and-Wellness Study Materials can help you pass the test smoothly. Our Health-Fitness-and-Wellness study materials have gone through strict analysis and verification by senior experts and are ready to supplement new resources at any time.

TestKingIT WGU Health, Fitness, and Wellness (HIO1) (Health-Fitness-and-Wellness) practice test material covers all the key topics and areas of knowledge necessary to master the WGU Certification Exam. Experienced industry professionals design the Health-Fitness-and-Wellness exam questions and are regularly updated to reflect the latest changes in the WGU Health, Fitness, and Wellness (HIO1) (Health-Fitness-and-Wellness) exam. In addition, TestKingIT offers three different formats of practice material which are discussed below.

>> Health-Fitness-and-Wellness Valid Study Plan <<

TestKingIT Dumps Meet Your WGU Health-Fitness-and-Wellness Preparation Needs

As everybody knows, competitions appear ubiquitously in current society. In order to live a better live, people improve themselves by furthering their study, as well as increase their professional Health-Fitness-and-Wellness skills. With so many methods can boost individual competitiveness, people may be confused, which can really bring them a glamorous work or brighter future? We are here to tell you that a Health-Fitness-and-Wellness Certification definitely has everything to gain and nothing to lose for everyone. And

our Health-Fitness-and-Wellness exam questions are the best choice to help you pass the Health-Fitness-and-Wellness exam and get the certification.

WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q36-Q41):

NEW QUESTION # 36

A 75-year-old individual has sudden symptoms of numbness in one arm, difficulty speaking, and blurred vision. Which condition causes these symptoms?

- A. Stroke
- B. Heart attack
- C. Metabolic syndrome
- D. Epilepsy

Answer: A

Explanation:

A stroke occurs when blood flow to part of the brain is suddenly blocked (ischemic stroke) or a blood vessel in the brain ruptures (hemorrhagic stroke). Because brain tissue depends on a constant supply of oxygen and nutrients, even a brief interruption can cause rapid loss of function in the area of the brain that controls speech, movement, or vision. That is why stroke symptoms often appear suddenly and may affect only one side of the body.

The symptoms described—numbness in one arm, difficulty speaking, and blurred vision—are well-known warning signs of stroke. Many health education resources teach the FAST or BE FAST approach: facial drooping, arm weakness/numbness, speech difficulty, and urgency of time; vision changes are also commonly included as stroke warning signs. These symptoms reflect brain involvement rather than a problem starting in the heart or digestive system.

The other options do not match as closely. A heart attack typically causes chest pressure/pain, shortness of breath, sweating, and sometimes arm or jaw pain—but it does not usually present with sudden one-sided numbness, speech disturbance, and vision changes as the main features. Metabolic syndrome is a long-term cluster of risk factors (such as abdominal obesity, high blood pressure, abnormal cholesterol, and insulin resistance), not a sudden neurological event. Epilepsy can cause seizures, confusion, or loss of consciousness, but the specific combination of one-sided numbness with speech and vision changes is more characteristic of stroke. From a wellness perspective, this question reinforces two essentials: (1) recognition of stroke signs, and (2) immediate action, because rapid treatment can reduce brain damage and improve outcomes. If these symptoms occur, emergency services should be contacted urgently.

NEW QUESTION # 37

Which of the following contribute to a healthy diet? Select 3 answers.

- A. Allocating over 20% of daily calories to saturated fatty acids
- B. Choosing a variety of fruits and vegetables each day
- C. Consuming three-ounce equivalents or more per day of whole-grain foods
- D. Limiting intake of added sugars and salt
- E. Consuming whole-milk products after childhood

Answer: B,C,D

Explanation:

A healthy diet supports steady energy, healthy body composition, heart health, digestion, and long-term disease prevention. The three options that most directly align with widely taught nutrition principles are limiting added sugars and salt (A), including whole grains (B), and eating a variety of fruits and vegetables (C).

Limiting added sugars helps reduce excess calorie intake with little nutritional value and supports healthier blood sugar patterns and dental health. Reducing salt (sodium) supports healthy blood pressure, which is a major protective factor for cardiovascular and kidney health. Choosing a variety of fruits and vegetables increases intake of fiber, potassium, and many vitamins and protective plant compounds. Variety matters because different colors and types provide different nutrient profiles (for example, leafy greens, orange vegetables, berries, and cruciferous vegetables each contribute unique benefits).

Consuming whole grains—such as oats, brown rice, whole-wheat bread, and whole-grain pasta—supports digestive health through fiber, improves fullness, and contributes nutrients like B vitamins and minerals.

Many educational nutrition plans encourage making at least half of grains whole, and "three-ounce equivalents or more" reflects a common daily target used in dietary planning.

The remaining options do not reflect healthy-diet guidance. Allocating over 20% of daily calories to saturated fat (D) is generally considered too high and is associated with poorer heart-health patterns when it displaces unsaturated fats. "Consuming whole-milk

products after childhood (E)" is not a general requirement for health; while dairy can be part of a balanced diet, choosing lower-fat dairy is often recommended to limit saturated fat while still getting calcium and protein.

NEW QUESTION # 38

Rewarding oneself for successful, on-time progress is an example of which SEL competency?

- A. Social awareness
- B. **Self-management**
- C. Communication and leadership
- D. Executive function

Answer: B

Explanation:

Rewarding oneself for successful, on-time progress is a clear example of self-management. Self-management includes self-discipline, motivation, goal-directed behavior, and using strategies that help sustain effort over time. Rewarding yourself is a form of positive reinforcement—it strengthens habits by linking consistent effort with a meaningful benefit. For example, if a student meets weekly deadlines, they might reward themselves with a relaxing activity, extra leisure time, or a small treat. This reinforces consistency and helps maintain motivation when tasks feel demanding.

This behavior also reflects the ability to monitor progress and regulate behavior accordingly—key parts of self-management. The person recognizes achievement, chooses a healthy reward, and uses it to support continued commitment. It can also reduce burnout by balancing effort with recovery and enjoyment.

The other options do not fit as well. Communication and leadership involve working with and guiding others; rewarding oneself is internal. Social awareness focuses on understanding others' emotions and perspectives, not personal habit-building. Executive function is related to planning and organization, which helps a person complete tasks on time, but the act of rewarding oneself to maintain motivation is more directly a self-management tool.

In wellness contexts, self-management strategies like rewards work best when they are realistic and healthy—such as taking a walk, enjoying a hobby, or spending time with supportive people—rather than rewards that undermine goals. Used thoughtfully, self-reward supports persistence, confidence, and a positive relationship with personal growth.

NEW QUESTION # 39

Which scenario is an example of exercising executive function?

- A. Contacting people in a cohort to join a study group
- B. Rewarding oneself for successful on-time progress
- C. Recognizing a need to create a better work and life balance
- D. **Contacting the Math Center for help after a failed math assessment**

Answer: D

Explanation:

Executive function refers to the mental skills used to plan, organize, prioritize, and problem-solve. It includes setting goals, monitoring progress, adjusting strategies, and making responsible choices based on feedback. In this question, contacting the Math Center for help after a failed math assessment (D) best demonstrates executive function because it shows a logical, goal-directed response to a problem: the person reviews the outcome (failed assessment), identifies a need (improve understanding), selects a resource (Math Center), and takes an action aligned with future success. This reflects planning and problem-solving rather than avoidance.

Option A (recognizing a need for better work-life balance) reflects insight and reflection, but it is more closely linked to self-awareness unless it includes a clear plan and follow-through steps. Option B (contacting cohort members to join a study group) is a helpful academic strategy and may involve planning, but it primarily emphasizes collaboration and communication.

Option C (rewarding oneself for on-time progress) is a self-management strategy that supports motivation and habit-building rather than the decision-making and problem-solving process.

In Social and Emotional Learning, executive function skills help individuals respond constructively to setbacks. Instead of interpreting failure as a dead end, they treat it as data: "What didn't work, and what can I do differently?" Then they choose practical next steps such as seeking tutoring, creating a study schedule, breaking topics into smaller goals, and practicing consistently. This competency supports academic performance, workplace success, and health behaviors because it strengthens the ability to make planned choices rather than reacting impulsively or giving up.

NEW QUESTION # 40

A 26-year-old individual has been experiencing fever, headache, and neck stiffness. Which main condition could this individual have developed?

- A. Meningitis
- B. Ulcer
- C. Asthma
- D. Hepatitis

Answer: A

Explanation:

Fever, headache, and neck stiffness are classic warning signs associated with meningitis, an inflammation of the meninges—the protective membranes covering the brain and spinal cord. This symptom combination is considered medically significant because meningitis can develop quickly and may become life-threatening without prompt evaluation and treatment. In many health education materials, the "triad" of fever + severe headache + stiff neck is strongly linked to meningitis, sometimes accompanied by sensitivity to light (photophobia), nausea/vomiting, confusion, or a rash (more common in certain bacterial types).

Meningitis can be caused by viruses (often milder and self-limited) or bacteria (more severe and requiring urgent antibiotics). Because bacterial meningitis can progress rapidly, the correct health and wellness guidance is to seek immediate medical care when these symptoms appear together—especially if symptoms are sudden, intense, or worsening.

The other options do not best match the symptom pattern. Hepatitis primarily affects the liver and is more commonly associated with fatigue, abdominal pain, nausea, dark urine, and jaundice rather than neck stiffness. An ulcer (stomach or duodenal) usually causes burning abdominal pain, indigestion, or nausea, not stiff neck and fever as key features. Asthma is a respiratory condition characterized by wheezing, chest tightness, coughing, and shortness of breath; it does not typically present with neck stiffness and fever.

From a wellness education perspective, prevention strategies include vaccination where appropriate (e.g., meningococcal vaccines), practicing good hygiene to reduce spread of infections, and understanding when symptoms require urgent medical attention. Recognizing meningitis symptoms early is crucial because timely assessment and treatment can significantly improve outcomes.

NEW QUESTION # 41

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