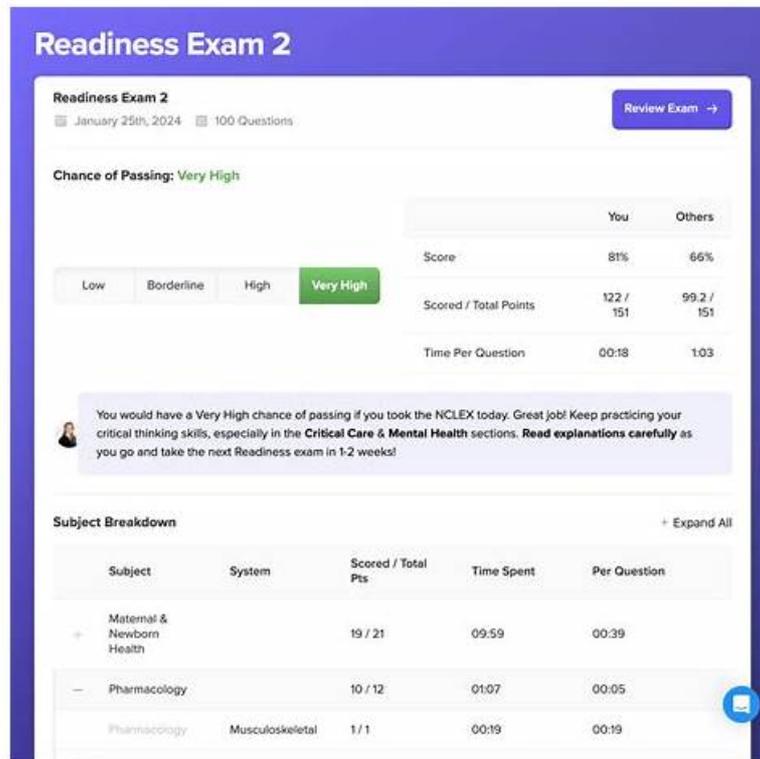


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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q29-Q34):

NEW QUESTION # 29

An individual is having a long and stressful day at work and decides to take a break and join coworkers for a walk outside. Which strategy is this individual using to manage stress?

- A. Resiliency

- B. Relaxation
- C. Meditation
- **D. Exercise**

Answer: D

Explanation:

Taking a walk outside is a clear example of using exercise as a stress-management strategy. Even moderate activity-like a brisk walk-can help the body discharge built-up tension and shift the nervous system toward a calmer state. Physical activity supports stress management by improving circulation, loosening muscle tightness, and triggering brain chemistry changes associated with improved mood and reduced stress. Many people notice they feel more clear-headed and less irritable after moving their body, even for a short time.

A walk during a stressful workday also offers a practical "reset." It interrupts prolonged mental strain, creates a change of environment, and can reduce overload from screens, noise, or constant demands. Walking with coworkers may add a supportive social element-light conversation and connection can further buffer stress.

Fresh air and daylight can also help regulate energy and alertness, making it easier to return to tasks with improved focus.

While walking can feel relaxing, the most accurate category among the options is exercise, because the core action is physical movement intended to relieve stress. Relaxation strategies usually refer to deliberate calming techniques such as deep breathing, progressive muscle relaxation, or listening to calming music. Meditation involves focused attention or mindful awareness practices. Resiliency describes long-term capacity to adapt and recover from stress; it's an outcome and skill set built over time, not the immediate strategy described in the moment.

In wellness education, exercise is often recommended because it is accessible, effective, and supports both mental and physical health-especially when done consistently.

NEW QUESTION # 30

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

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

Answer: B

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 # 31

Which BMI range is associated with being underweight?

- A. 18.5-24.9
- **B. 14.5-18.5**
- C. 25.0-29.9

- D. 10.0-14.5

Answer: B

Explanation:

Body Mass Index (BMI) is a screening tool that uses height and weight to estimate whether a person's weight category may pose health risks. Standard BMI categories commonly used in health education classify underweight as a BMI below 18.5, healthy weight as 18.5-24.9, overweight as 25.0-29.9, and obesity at higher values. Based on these categories, the range that aligns with underweight among the given choices is 14.5-

18.5 (D) because it falls at and below the 18.5 cutoff (with most of the range being below 18.5).

Option B (18.5-24.9) is the typical healthy-weight range. Option C (25.0-29.9) matches the overweight category. Option A (10.0-14.5) is extremely low and may indicate severe underweight, but the question asks for the BMI range "associated with being underweight" in general; the broader underweight-related range offered is D.

From a wellness perspective, being underweight can be linked with concerns such as reduced energy, nutrient deficiencies (iron, calcium, vitamin D, B vitamins), lowered immune resilience, or decreased bone density- especially if underweight results from inadequate intake or underlying medical issues. That said, BMI is a screening measure, not a diagnosis: it does not directly measure body fat, muscle mass, or overall health. A person with a low BMI who is experiencing fatigue, frequent illness, or unintended weight loss should be assessed by a healthcare professional to identify causes and appropriate nutrition strategies.

NEW QUESTION # 32

Working to develop one's ability to understand others' emotions is an example of which SEL competency?

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

Answer: C

Explanation:

Developing the ability to understand others' emotions is closely linked to empathy, which is a core part of SEL relationship skills and strong interpersonal communication. Among the provided options, the best match is communication and leadership (C) because effective communication and leadership depend on accurately reading others' emotions, responding respectfully, and adapting communication style to the needs of the situation. Leaders who understand emotions can motivate teams, resolve conflicts, and build trust- skills that are directly supported by empathy.

While self-awareness focuses on recognizing one's own emotions and patterns, the question specifically emphasizes understanding others' emotions, which goes beyond self-awareness. Self-management is about regulating one's own emotions and behavior, not interpreting others. Executive function relates to planning, attention, and impulse control; it supports good choices but is not the main competency for emotional understanding.

In practical terms, building this competency might include observing body language and tone, asking open-ended questions, listening without interrupting, and reflecting back what the other person seems to feel ("It sounds like you're frustrated"). This reduces misunderstandings and strengthens relationships. In school and work, it can improve teamwork, customer/patient interactions, and conflict resolution.

So, the most accurate answer from the given choices is communication and leadership, because understanding others' emotions is central to effective human interaction and leading others in supportive, respectful ways.

NEW QUESTION # 33

Which reaction is common with food intolerance?

- A. Swelling in the mouth
- B. Tightening in the throat
- C. Difficulty breathing
- **D. Stomach cramps**

Answer: D

Explanation:

Food intolerance commonly causes digestive symptoms, and stomach cramps are among the most typical reactions. A food intolerance is generally different from a food allergy. Intolerances usually involve the digestive system's difficulty processing a food or

component (for example, lactose intolerance due to low lactase enzyme activity). Symptoms often include abdominal pain or cramps, bloating, gas, nausea, and diarrhea. These symptoms may appear after eating certain foods and can vary with the amount consumed. In contrast, swelling in the mouth, throat tightening, and difficulty breathing are warning signs more consistent with an allergic reaction, which involves the immune system and can become severe rapidly.

Those symptoms can signal airway involvement and may indicate an emergency situation requiring immediate medical attention. The fact that options A, B, and D involve the mouth/throat/airway strongly points away from intolerance and toward allergy.

Understanding the difference matters for health and safety. While intolerances can significantly affect comfort and quality of life, they are less likely to cause sudden life-threatening reactions. Management typically focuses on identifying trigger foods, adjusting portion sizes, choosing substitutes (like lactose-free dairy), and reading ingredient labels. Keeping a food-and-symptom log can help pinpoint patterns. If symptoms are severe, persistent, or confusing—or if there is any airway swelling, hives, or breathing trouble—medical evaluation is important to rule out allergy or other conditions.

Therefore, the best answer is stomach cramps, because gastrointestinal discomfort is a hallmark feature of food intolerance, while breathing-related symptoms are far more characteristic of allergic reactions.

NEW QUESTION # 34

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