

Health-Fitness-and-Wellness Latest Exam Pattern, Health-Fitness-and-Wellness Valid Study Questions

WGU C458 HEALTH FITNESS AND WELLNESS EXAM 2024/2025 ACTUAL EXAM 2 VERSIONS WITH COMPLETE QUESTIONS WITH DETAILED VERIFIED ANSWERS (100% CORRECT ANSWERS) /ALREADY GRADED A+

Nutrition - Answer provides the body with the nutrients it needs to perform its daily tasks

Undernutrition - Answer implies that the individual is not getting enough nutrients. This can occur even if the person is consuming more than enough calories

Malnutrition - Answer an imbalance of proper nutrients

Anorexia nervosa - Answer literally means loss of appetite, but this is a misnomer: A person with this is hungry, but denies the hunger because of an irrational fear of becoming fat. Self-starvation, food preoccupation and rituals, compulsive exercising, and often an absence of menstrual cycles in women. Untreated, can be fatal.

Bulimia - Answer characterized by recurring periods of binge eating, during which large amounts of food are consumed in a short period of time followed by purging (through self-induced vomiting, abuse of laxatives and/or diuretics) or periods of fasting

Binge eating disorder (BED) - Answer episodes of binge eating characterized by eating rapidly, eating large amounts of food even when not feeling hungry, and feeling guilty or depressed after overeating.

Obesity - Answer 15 to 20 percent above normal weight. Poor dietary patterns; include increased intake of sugars in sweetened soft drinks, foods, and meals of high energy, low nutrient density, and large portion sizes. At risk for serious health problems such as type 2 diabetes, hypertension, heart disease, stroke, and some types of cancer.

Minerals - Answer inorganic material. Form body parts (teeth and bones), maintain acid-base neutrality, regulate nerve impulses, osmotic pressure, and electrolyte balance

Major minerals - Answer needed by the body:

- calcium—milk, cheese, sardines, salmon, green vegetables
- phosphorus—milk, cheese, lean meat
- potassium—oranges, bananas, dried fruits
- sulfur—eggs, poultry, fish
- sodium—table salt, beef, eggs, cheese
- chloride—table salt, meat

P.S. Free & New Health-Fitness-and-Wellness dumps are available on Google Drive shared by Fast2test:
<https://drive.google.com/open?id=1zMWfvYavngWwJfVjze4ABUbTgpP4j7>

If you want to get satisfaction with the preparation and get desire result in the Health-Fitness-and-Wellness real exam then you must need to practice our WGU braindumps and latest questions because it is very useful for preparation. You will feel the atmosphere of Health-Fitness-and-Wellness Actual Test with our online test engine and test your ability in any time without any limitation. There are also Health-Fitness-and-Wellness free demo in our website for you download.

The committed team of the Fast2test is always striving hard to resolve any confusion among its users. The similarity between our WGU Health-Fitness-and-Wellness exam questions and the real WGU Health-Fitness-and-Wellness certification exam will amaze you. The similarity between the Fast2test Health-Fitness-and-Wellness pdf questions and the actual Health-Fitness-and-Wellness certification exam will help you succeed in obtaining the highly desired WGU Health, Fitness, and Wellness (HIO1) (Health-Fitness-and-Wellness) certification on the first go. You will notice the above features in the WGU Health-Fitness-and-Wellness Web-based format too. There is no need to go through time-taking installations or agitating plugins to use this format.

>> **Health-Fitness-and-Wellness Latest Exam Pattern** <<

**100% Pass Quiz WGU - Health-Fitness-and-Wellness - WGU Health, Fitness,
and Wellness (HIO1) –High-quality Latest Exam Pattern**

With our WGU Health, Fitness, and Wellness (HIO1) (Health-Fitness-and-Wellness) study material, you'll be able to make the most of your time to ace the test. Despite what other courses might tell you, let us prove that studying with us is the best choice for passing your WGU Health, Fitness, and Wellness (HIO1) (Health-Fitness-and-Wellness) certification exam! If you want to increase your chances of success and pass your Health-Fitness-and-Wellness exam, start learning with us right away!

WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q19-Q24):

NEW QUESTION # 19

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

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

Answer: B,D,E

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 sugar 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 # 20

Which sleep stage is characterized by fluctuations between light sleep and wakefulness?

- A. REM
- B. Stage 1
- C. Stage 2
- D. Stage 3

Answer: B

Explanation:

Stage 1 sleep (often called N1) is the lightest sleep stage and is best described as the transition between being awake and being asleep. During this stage, people commonly drift in and out of sleep and may still be aware of their surroundings. That "in-between" quality is why Stage 1 is associated with fluctuations between light sleep and wakefulness.

In Stage 1, the body begins to relax: muscle activity decreases, eye movements slow, and brain activity starts shifting away from fully awake patterns. Because this stage is very light, it's easy to wake up from it, and many people who are awakened during Stage 1 may even insist they were not asleep. Brief muscle twitches or the sensation of falling can occur as the nervous system transitions into sleep.

The other stages don't match this description. Stage 2 (N2) is also light sleep, but it is more stable than Stage 1 and represents a deeper "settled" sleep state where the body further relaxes and the brain shows specific patterns associated with maintaining sleep. Stage 3 (N3) is deep sleep, where awakening is difficult and restorative processes are emphasized, including physical recovery and immune support. REM is a distinct stage typically associated with vivid dreaming and active brain patterns, but it is not described as drifting back and forth between wakefulness and sleep. Instead, REM is a recognizable sleep phase that cycles throughout the

night.

Understanding Stage 1 matters for wellness because frequent awakenings can keep someone stuck in lighter stages, leaving them feeling unrefreshed. Improving sleep habits (consistent schedule, reduced caffeine late in the day, and a calmer wind-down routine) can help the body move smoothly beyond Stage 1 into more restorative sleep.

NEW QUESTION # 21

Under which category of drugs is cocaine classified?

- A. Stimulants
- B. Opioid
- C. Cannabinoid
- D. Depressants

Answer: A

Explanation:

Cocaine is classified as a stimulant because it speeds up activity in the central nervous system. Stimulants typically increase alertness, energy, and feelings of confidence or euphoria, while also raising heart rate and blood pressure. Cocaine produces these effects by strongly increasing certain brain chemicals involved in reward and arousal, which is why it can feel intensely reinforcing and is associated with high risk of dependence.

From a health perspective, stimulant effects also explain many of cocaine's dangers. Short-term risks include rapid heartbeat, elevated blood pressure, agitation, anxiety, and impaired judgment. Because stimulants strain the cardiovascular system, cocaine use is associated with serious complications such as irregular heart rhythms, heart attack, stroke, overheating, and seizures—sometimes even in younger people. The risk increases with higher doses, repeated use, mixing with other substances, or underlying health conditions.

The other categories listed do not fit cocaine's primary effects. Opioids (such as heroin or certain prescription pain medicines) generally slow breathing and are known for pain relief and sedation. Depressants (such as alcohol or certain sedatives) slow down brain activity, often causing drowsiness and impaired coordination.

Cannabinoids are substances related to cannabis and have a different pattern of effects on perception, mood, and coordination. Cocaine's hallmark is stimulation—higher energy, faster body processes, and increased nervous system activity—so stimulants is the correct classification.

Understanding drug categories is important in health education because it helps explain expected effects, risks, signs of misuse, and why combining substances can be especially dangerous.

NEW QUESTION # 22

A male individual has a family history of heart disease but is currently healthy. The individual wants advice on the type of exercise to reduce risk. Which approach is recommended by the American Heart Association to achieve this goal?

- A. Engage in strength-training four to five times per week
- B. Engage in moderate-intensity aerobic exercise four to five times per week
- C. Engage in daily stretching exercises two to three times per week
- D. Engage in a meditation program two to three times per week

Answer: B

Explanation:

For lowering future cardiovascular risk—especially with a family history of heart disease—the most consistently recommended exercise foundation is moderate-intensity aerobic activity performed regularly throughout the week. The American Heart Association (AHA) advises adults to get at least 150 minutes per week of moderate-intensity aerobic activity (or 75 minutes vigorous, or a combination), preferably spread across the week. A very practical way to meet that goal is about 30 minutes on 5 days per week, which aligns closely with "four to five times per week." Moderate-intensity aerobic exercise includes brisk walking, cycling at an easy-to-moderate pace, swimming, or dancing—activities that raise the heart rate and breathing while still allowing conversation (the "talk test").

These workouts improve cardiorespiratory fitness, help manage blood pressure, support healthy cholesterol patterns, improve insulin sensitivity, and assist with weight management—key protective factors for heart health.

The other options are valuable but are not the primary AHA approach for reducing heart-disease risk in an otherwise healthy person. Stretching supports mobility and comfort, but it does not provide the same cardiovascular conditioning. Meditation can reduce stress and may support heart health indirectly, but it is not a substitute for aerobic conditioning. Strength training is important and is also recommended by the AHA (typically at least 2 days per week), but on its own it does not replace aerobic activity as the

main strategy for cardiovascular risk reduction.

So, the best single choice is moderate-intensity aerobic exercise four to five times per week, ideally combined with some resistance training across the week for a complete heart-healthy routine.

NEW QUESTION # 23

Why is it important to include low-fat dairy products in a balanced diet?

- A. They provide thiamin, which is necessary for carbohydrate metabolism.
- B. They provide glucose, which is the only source of energy used by the brain.
- C. They are good sources of iron, which increases the absorption of fat into the red blood cells.
- **D. They are good sources of calcium and protein, which are needed for bone and tissue growth.**

Answer: D

Explanation:

Low-fat dairy products are emphasized in many balanced-diet frameworks because they provide key nutrients—especially calcium and protein—while helping limit excess saturated fat. Calcium is essential for building and maintaining strong bones and teeth, supporting normal muscle contraction, nerve signaling, and blood clotting. Adequate calcium intake across the lifespan helps reduce the risk of bone thinning with age.

Protein supports tissue growth and repair, immune function, and the maintenance of lean body mass, which is important for metabolic health and physical performance.

Many low-fat dairy options (like low-fat milk, yogurt, and reduced-fat cheese) also contribute vitamin D when fortified, which assists calcium absorption and supports bone health. Yogurt can additionally support gut health when it contains live cultures. Choosing low-fat versions can be helpful because saturated fat intake is commonly advised to be moderate; low-fat dairy helps individuals meet calcium and protein goals without pushing saturated fat too high.

The incorrect choices contain misleading or false nutrition statements. While dairy can contain small amounts of thiamin, it is not typically highlighted as the main reason for dairy inclusion. Dairy is not a major source of iron, and the statement about iron increasing absorption of fat into red blood cells is inaccurate. Finally, dairy does contain carbohydrates (lactose), but glucose is not the only fuel the brain can use; the brain can also use ketones during certain metabolic states. The strongest, most document-consistent rationale is that low-fat dairy provides calcium and protein that support bone and tissue health.

NEW QUESTION # 24

.....

The web-based Health-Fitness-and-Wellness practice exam can be taken via the internet from any browser like Firefox, Safari, Opera, MS Edge, Internet Explorer, and Chrome. You don't need to install any excessive plugins and software to take this WGU Health-Fitness-and-Wellness Practice Test. Windows, Mac, iOS, Android, and Linux support this WGU Health, Fitness, and Wellness (HIO1) (Health-Fitness-and-Wellness) practice exam.

Health-Fitness-and-Wellness Valid Study Questions: <https://www.fast2test.com/Health-Fitness-and-Wellness-premium-file.html>

We do things differently With Courses and Certificates Health-Fitness-and-Wellness Exam Test Questions, WGU Health-Fitness-and-Wellness Latest Exam Pattern motivate you to execute your learned concepts in practical industry, WGU Health-Fitness-and-Wellness Latest Exam Pattern The three main learning styles include Auditory, Visual and Tactile, WGU Health-Fitness-and-Wellness Latest Exam Pattern Note: don't forget to check your spam.) One year free update after purchase, WGU Health-Fitness-and-Wellness Latest Exam Pattern After the development of several years, we get an important place in this industry by offering the best certification training material and to be more and more powerful in the peers.

Leveraging themes your audiences will understand and believe, Quality Assurance Teams, We do things differently With Courses and Certificates Health-Fitness-and-Wellness Exam Test Questions, motivate you to execute your learned concepts in practical industry.

Use WGU Health-Fitness-and-Wellness PDF Dumps to Prepare in a Short Time

The three main learning styles include Auditory, Visual Reliable Health-Fitness-and-Wellness Exam Preparation and Tactile, Note: don't forget to check your spam.) One year free update after purchase, After the development of several years, we get an important

place in this Health-Fitness-and-Wellness industry by offering the best certification training material and to be more and more powerful in the peers.

- Free PDF 2026 WGU Unparalleled Health-Fitness-and-Wellness Latest Exam Pattern Copy URL ✓
www.easy4engine.com ✓ open and search for “Health-Fitness-and-Wellness” to download for free New Health-Fitness-and-Wellness Test Experience
- Exam Health-Fitness-and-Wellness Collection Pdf Valid Health-Fitness-and-Wellness Test Pass4sure Valid Health-Fitness-and-Wellness Test Pass4sure Search for 「 Health-Fitness-and-Wellness 」 on 「 www.pdfvce.com 」 immediately to obtain a free download Health-Fitness-and-Wellness Original Questions
- Health-Fitness-and-Wellness Training Online Visual Health-Fitness-and-Wellness Cert Test Latest Health-Fitness-and-Wellness Learning Materials Easily obtain ☀: Health-Fitness-and-Wellness ☀: for free download through ➡ www.torrentvce.com Health-Fitness-and-Wellness Original Questions
- Health-Fitness-and-Wellness guide torrent - testking Health-Fitness-and-Wellness test - Health-Fitness-and-Wellness passing Search for Health-Fitness-and-Wellness on 《 www.pdfvce.com 》 immediately to obtain a free download Health-Fitness-and-Wellness Exam Materials
- New Health-Fitness-and-Wellness Test Experience New Health-Fitness-and-Wellness Test Experience Health-Fitness-and-Wellness Exam Training Search on ⇒ www.testkingpass.com ⇐ for (Health-Fitness-and-Wellness) to obtain exam materials for free download Health-Fitness-and-Wellness Exam Materials
- Health-Fitness-and-Wellness Reliable Exam Tips Health-Fitness-and-Wellness Training Online Health-Fitness-and-Wellness Exam Materials Search for ▶ Health-Fitness-and-Wellness ◀ and download exam materials for free through ▶ www.pdfvce.com Health-Fitness-and-Wellness Original Questions
- Latest Health-Fitness-and-Wellness Learning Materials Health-Fitness-and-Wellness Exams Torrent Valid Health-Fitness-and-Wellness Test Pass4sure Search for (Health-Fitness-and-Wellness) and download it for free on 【 www.prep4away.com 】 website Health-Fitness-and-Wellness Intereactive Testing Engine
- Get the Real WGU Health-Fitness-and-Wellness Exam Dumps In Different Formats Easily obtain free download of 「 Health-Fitness-and-Wellness 」 by searching on ☀: www.pdfvce.com ☀: Reliable Health-Fitness-and-Wellness Exam Dumps
- Health-Fitness-and-Wellness New Practice Materials Valid Health-Fitness-and-Wellness Test Pass4sure Reliable Health-Fitness-and-Wellness Exam Dumps Search for ▷ Health-Fitness-and-Wellness ◁ and download exam materials for free through ✓ www.pass4test.com ✓ Valid Health-Fitness-and-Wellness Vce
- Vce Health-Fitness-and-Wellness Torrent Exam Health-Fitness-and-Wellness Collection Pdf Health-Fitness-and-Wellness Exam Materials The page for free download of ☀: Health-Fitness-and-Wellness ☀: on ➡ www.pdfvce.com will open immediately Reliable Health-Fitness-and-Wellness Exam Dumps
- Health-Fitness-and-Wellness Exam Training New Health-Fitness-and-Wellness Test Experience Health-Fitness-and-Wellness Reliable Exam Tips Easily obtain ⇒ Health-Fitness-and-Wellness ⇐ for free download through “ www.troytecdumps.com ” Valid Health-Fitness-and-Wellness Test Pass4sure
- elijahptt674296.blogthisbiz.com, getsocialsource.com, mollykgvt973206.yomoblog.com, jasonrqbu034753.dailyblogzz.com, yxzbookmarks.com, networkbookmarks.com, www.stes.tyc.edu.tw, maelgqe861237.wikilowdown.com, socialfactories.com, katrinatyep108969.wikifiltraciones.com, Disposable vapes

BTW, DOWNLOAD part of Fast2test Health-Fitness-and-Wellness dumps from Cloud Storage: <https://drive.google.com/open?id=1zMWfvYavngWwJtVjzle4ABUbTgpP4jj7>