

Reliable Health-Fitness-and-Wellness Braindumps Free | Customized Health-Fitness-and-Wellness Lab Simulation

Wellness Assessment

This self-assessment tool can help you identify the areas of Wellness (emotional, environmental, intellectual, occupational, physical, social, and spiritual) where you thrive and where you may require more attention.

Taking this assessment will also assist you in reflecting on aspects of health that you may not have previously considered.

Section I. Basic Information

Fill out the table and provide all the information requested.

Basic Information	
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Section II. Areas of Wellness

Answer all the seven wellness dimensions questions, then tally your points for each section and use the guide to interpret the scores.

Statements	Never (0 points)	Rarely (1 point)	Sometimes (2 points)	Usually (3 points)
Category: Emotional Wellness (understanding your feelings and constructively expressing emotions, and having the ability to deal with stress and cope with life's challenges)				
I feel happy and content with my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I can manage my stress effectively.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I have positive coping strategies to deal with difficult emotions.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I feel a sense of purpose and meaning in my life.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
I can express my emotions healthily and constructively.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Total Score:	10			

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This format is for candidates who do not have the time or energy to use a computer or laptop for preparation. The WGU Health-

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q22-Q27):

NEW QUESTION # 22

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 three-ounce equivalents or more per day of whole-grain foods
- D. Consuming whole-milk products after childhood
- E. Choosing a variety of fruits and vegetables each day

Answer: B,C,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 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 # 23

Using face-to-face employee reviews to gain a better understanding of the employee's feelings and perspective is an example of which SEL competency?

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

Answer: D

Explanation:

This scenario best matches social awareness (A). Social awareness involves understanding others' feelings, perspectives, and needs, and responding with empathy and respect. In a face-to-face employee review, the reviewer can observe nonverbal cues (tone, facial expression, posture), ask clarifying questions, and listen actively. This helps the manager accurately understand the employee's experience, concerns, and motivations—key components of social awareness.

Social awareness supports fair and supportive workplace interactions. Rather than focusing only on performance metrics, a socially aware approach considers the human factors that affect performance:

workload stress, unclear expectations, confidence, interpersonal conflict, or barriers outside work. By understanding the employee's perspective, the manager can respond more effectively—adjusting goals, offering training, clarifying expectations, or providing resources. This strengthens trust and can improve both well-being and productivity.

The other competencies do not fit as precisely. Executive function focuses on planning, organization, and impulse control—important for running a review but not the key skill described. Self-awareness involves recognizing one's own emotions and biases, which can be helpful during reviews, but the question emphasizes understanding the employee's feelings and perspective. Communication and leadership are certainly involved in conducting reviews, but the specific focus here is empathy and perspective-taking, which is the hallmark of social awareness.

In SEL, social awareness helps people build healthier relationships, reduce conflict, and create supportive environments-exactly what a thoughtful face-to-face review is meant to accomplish.

NEW QUESTION # 24

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

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

Answer: D

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 # 25

Trying to understand the struggles that ELL students experience in a cohort is an example of which SEL competency?

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

Answer: B

NEW QUESTION # 26

When an individual gives a presentation in front of a group, the individual's voice trembles and body shakes. Which type of stress response is the individual demonstrating?

- A. Emotional
- B. Physiological
- C. Behavioral
- D. Cognitive

Answer: B

Explanation:

A trembling voice and shaking body during a presentation reflect a physiological stress response.

Physiological responses are the body's automatic physical changes that occur when the brain perceives a threat-such as public speaking, performance pressure, or fear of judgment. This response is often described as the "fight-or-flight" reaction. The body releases stress hormones that increase alertness and prepare muscles for action. As a result, people may experience shaking, sweaty palms, dry mouth, faster heartbeat, rapid breathing, or a tight chest.

In this scenario, the individual's symptoms are clearly physical. Voice trembling can occur because breathing becomes shallow and muscles around the throat tighten. Body shaking can happen from adrenaline effects on muscles and increased nerve activation. These reactions can be uncomfortable but are common, especially when someone feels evaluated by others.

The other categories do not best match the described signs. Cognitive stress responses are thought-based, such as racing thoughts, difficulty concentrating, or negative self-talk ("I'm going to mess up"). Emotional responses involve feelings like fear, embarrassment, or irritability. Behavioral responses involve actions like avoiding the presentation, fidgeting, or speaking too quickly. While cognitive, emotional, and behavioral responses may also be present, the question specifically describes physical symptoms, which are physiological.

Wellness strategies that help reduce physiological stress symptoms include slow breathing (longer exhales), grounding techniques, practicing the presentation, arriving early to acclimate, and reframing nerves as normal performance energy. Over time, repeated exposure and preparation can reduce the intensity of these bodily reactions.

NEW QUESTION # 27

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