

Free PDF 2026 WGU Health-Fitness-and-Wellness Fantastic Sample Exam

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

There is a ton of WGU Health, Fitness, and Wellness (HIO1) (Health-Fitness-and-Wellness) prep material available on the internet. But the main thing to notice is their validity and reliability. Many applicants remain unsuccessful in locating the right WGU Health, Fitness, and Wellness (HIO1) (Health-Fitness-and-Wellness) practice test and lose their time and money.

As we all know, certificates are an essential part of one's resume, which can make your resume more prominent than others, making it easier for you to get the job you want. For example, the social acceptance of Health-Fitness-and-Wellness certification now is higher and higher. If you also want to get this certificate to increase your job opportunities, please take a few minutes to see our Health-Fitness-and-Wellness Study Materials. Carefully written and constantly updated content can make you keep up with the changing direction of the exam, without aimlessly learning and wasting energy.

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WGU Health, Fitness, and Wellness (HIO1) Sample Questions (Q20-Q25):

NEW QUESTION # 20

Which term describes the amount of energy that can be derived from food?

- A. Metabolism
- **B. Calories**
- C. Vitamins
- D. Nutrient

Answer: B

Explanation:

Calories are the standard unit used to describe the amount of energy provided by food and drinks, so option B is correct. In nutrition education, calories represent how much potential energy the body can obtain from what you eat. Your body uses this energy to power essential functions such as breathing, circulation, maintaining body temperature, repairing tissues, and supporting movement and exercise.

Calories primarily come from macronutrients: carbohydrates, fats, and proteins (and also alcohol). Each macronutrient contributes a certain amount of energy per gram, and the total calorie content of a food depends on how much of these macronutrients it contains. When energy intake from calories matches energy needs, body weight tends to stay stable. When intake is consistently higher than needs, excess energy is stored (often as body fat). When intake is consistently lower than needs, the body draws on stored energy, which can lead to weight loss.

The other options are related concepts but don't mean "energy amount." A nutrient is a broad term for substances the body needs for health (including carbohydrates, fats, proteins, vitamins, minerals, and water).

Not all nutrients provide energy—vitamins and minerals, for example, support body processes but do not supply calories. Vitamins are micronutrients required in small amounts for functions like immunity, vision, and energy metabolism, but they are not a direct measure of energy. Metabolism refers to the body's chemical processes that convert food into energy and building blocks; it describes the process, not the unit of energy.

For fitness and health, focusing on both calorie balance and nutrient quality is important—choosing nutrient-dense foods helps support performance, recovery, and long-term wellness.

NEW QUESTION # 21

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 calcium and protein, which are needed for bone and tissue growth.**
- D. They are good sources of iron, which increases the absorption of fat into the red blood cells.

Answer: C

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 # 22

Maintaining a positive attitude after failing an assessment is an example of which SEL competency?

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

Answer: B

Explanation:

Maintaining a positive attitude after failing an assessment most directly reflects self-awareness because it involves recognizing and managing one's internal emotional response to disappointment. When someone fails, common reactions include frustration, embarrassment, discouragement, or self-doubt. A person who maintains a positive attitude is showing an understanding of their feelings and thoughts and choosing a mindset that supports learning and recovery. This often includes recognizing, "I'm upset, but I can improve," which is rooted in awareness of emotions and beliefs.

This competency also connects to a growth-oriented perspective: viewing failure as feedback rather than a final judgment. Self-awareness helps a student notice negative self-talk ("I'm not smart enough") and replace it with a more constructive interpretation ("I need a different study strategy"). This shift supports resilience, motivation, and healthier stress responses.

While executive function supports planning new study steps, the question emphasizes attitude after failure, which is mainly emotional and cognitive awareness. Social awareness involves understanding others' feelings and social cues; it is not the central skill in coping with one's own setback. Communication and leadership involve interacting with others, which is not the focus here.

In SEL-based wellness education, maintaining a positive attitude after failure is encouraged because it reduces avoidance behaviors (like giving up or procrastinating) and promotes persistence. It often leads to productive actions such as seeking help, reviewing mistakes, and adjusting study habits. So, the best answer is self-awareness, as it underlies the ability to recognize emotional reactions and choose a supportive mindset that keeps learning on track.

NEW QUESTION # 23

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

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

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 # 24

Which reaction is common with food intolerance?

- A. Tightening in the throat
- B. Swelling in the mouth
- 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 # 25

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