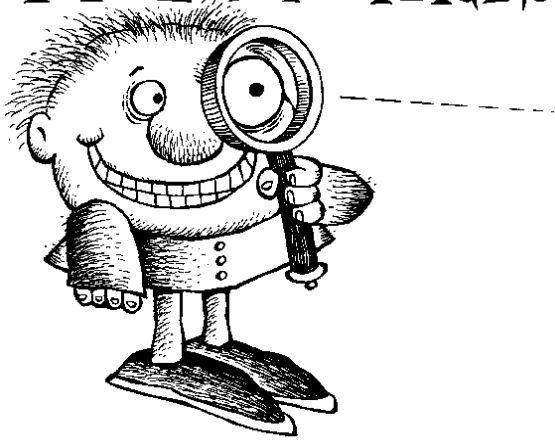


Concepts Study Guide

LE1

STUDY ALL THE FACTS



Chapters 1, 2, 4, 5, MP

Health Goals for the year 2010
(general understanding)

Terms to Study

alarm stage of stress
diastolic pressure
distress
eustress
fiber
glucose
glycogen
health related goals
lifestyle diseases
mono-unsaturated fat
obesity
overweight
quality of life
saturated fat
stressor
systolic pressure
trans fat
unstaured fat

Other

ETT
Rocks, etc.
Omentum
My Pyramid
4 Main Antioxidants
Water Soluble Vitamins
Fat Soluble Vitamins

Nutrition Label

Number of calories per gram for:
Carbohydrates, Protein, Fat, and Alcohol

Rust out

Burn out

Steps of time management

How to grocery shop

10 Steps to a Healthy 1998 (website)

Staying Lean (website)

M&M: Exercise example

Percentages according to the instructor that
a person should try to eat for fat, protein,
carbohydrates

3 factors why people are sedentary

10 great foods

Percentage of overweight and obesity

Leading causes of death

Leading reasons for dying

Excuses for not exercising

5 golden rules

How to prevent a cold

How to sleep well

HDL/LDL

6 major classification of nutrients

Water and body weight

"Go, Slow, Whoa" Idea

The Bible concepts talked about

Anything else talked about in class except the
jokes!

