Name

Class Day Period

Fitness Unit Review Worksheet!

Fill in the Diagram – 6 Components of Health/Wellness

Matching:

 1 . The pressure on your artery walls when the heart A. Cholesterol

 is pumping.

 2. Fatty substance in your blood produced by the liver B. Blood Pressure

 and in animal products you eat.

 3. The “Good” cholesterol (40 or lower) C. HDL

 4. Quality of your relationships with others. D. Sphygmomanometer

 5. Stored fat in your body (90 or lower) E. Atherosclerosis

 6. Your ability to cope with daily life. Ability F. Physical Health

 to decipher reality from fantasy.

 7. Pressure on artery walls when heart valves are opening. G. Social Health

 8. “Bad” Cholesterol, low density (110 or lower) H. LDL

 9. The pressure on your artery walls when your I. Triglycerides

 heart pumps blood.

 J. Mental Health

 10. The most important component of health and wellness.

 K. Systolic (120)

 11. Tool used to measure blood pressure.

 L. Diastolic (80)

 12. Hardening of cholesterol on artery walls, plaque build up.