

# Health and Wellness Coach (HWC) Certifying Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

**This is a sample study guide. To access the full version with hundreds of questions,**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## 1. Start with a Diagnostic Review

**Skim through the questions to get a sense of what you know and what you need to focus on. Don't worry about getting everything right, your goal is to identify knowledge gaps early.**

## 2. Study in Short, Focused Sessions

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations, and take breaks to retain information better.**

## 3. Learn from the Explanations

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## 4. Track Your Progress

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## 5. Simulate the Real Exam

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## 6. Repeat and Review

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning.**

## 7. Use Other Tools

**Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly — adapt the tips above to fit your pace and learning style. You've got this!**

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## **Questions**

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**1. What does effective chronic disease management most heavily rely on?**

- A. Hospital visits for regular check-ups**
- B. Client engagement in lifestyle changes**
- C. Emergency medications only**
- D. Minimal client involvement**

**2. What is the biopsychosocial model of health?**

- A. A framework considering only biological factors**
- B. A model that emphasizes social factors exclusively**
- C. A holistic approach considering biological, psychological, and social factors**
- D. A strategy focusing solely on psychological wellbeing**

**3. In relation to sleep, what distinguishes sleep apnea from insomnia?**

- A. Insomnia leads to deep sleep.**
- B. Sleep apnea involves breathing interruptions during sleep.**
- C. Insomnia is a rare disorder.**
- D. Sleep apnea is only experienced by men.**

**4. Which of the following is considered binge drinking for men?**

- A. 4 or more drinks on one occasion**
- B. 5 or more drinks on one occasion**
- C. 3 or more drinks in one hour**
- D. 2 or more drinks in one night**

**5. Why is maintaining a healthy waist measurement significant?**

- A. It affects heart function only**
- B. It indicates risk for chronic diseases**
- C. It affects only physical appearance**
- D. It is a minor health factor**

**6. Which of the following is NOT one of the core coaching skills?**

- A. Active listening**
- B. Close-ended questioning**
- C. Reflections**
- D. Open-ended questions**

**7. What does effective goal setting lead to in wellness coaching?**

- A. Haphazard lifestyle adjustments**
- B. Clear directions and enhanced motivation**
- C. Only short-term results**
- D. Less engagement from clients**

**8. How can sleep apnea be described in relation to sleep quality?**

- A. It enhances the quality of sleep.**
- B. It disrupts normal breath patterns during sleep.**
- C. It is only a concern for children.**
- D. It allows for deeper sleep.**

**9. What is considered an optimal level of HDL for men?**

- A. Greater than or equal to 40 mg/dL**
- B. Greater than or equal to 50 mg/dL**
- C. Less than 40 mg/dL**
- D. Less than 50 mg/dL**

**10. According to 2017 guidelines, what does a reading of 120-129 mm Hg / less than 80 mm Hg indicate?**

- A. Normal blood pressure**
- B. At risk (Pre-hypertension)**
- C. Elevated blood pressure**
- D. High blood pressure**

## **Answers**

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1. B
2. C
3. B
4. B
5. B
6. B
7. B
8. B
9. A
10. C

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## **Explanations**

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## 1. What does effective chronic disease management most heavily rely on?

- A. Hospital visits for regular check-ups
- B. Client engagement in lifestyle changes**
- C. Emergency medications only
- D. Minimal client involvement

Effective chronic disease management primarily relies on client engagement in lifestyle changes because it empowers individuals to take an active role in their health. By fostering this engagement, clients learn how to modify their behaviors, such as improving their diet, increasing physical activity, and managing stress, which are crucial for controlling chronic conditions such as diabetes, hypertension, and heart disease. When clients are actively participating in their own care, they are more likely to adhere to treatment plans and make sustainable changes that can lead to better health outcomes. This engagement is essential because many chronic diseases are influenced by lifestyle factors, and behavior modification can significantly reduce complications. In contrast to this approach, relying solely on hospital visits for regular check-ups, emergency medications, or minimal client involvement lacks the proactive element that is key to successful management of chronic conditions. These other options do not promote the ongoing commitment necessary for long-term health improvements and may lead to a reactive rather than a proactive approach to health management.

## 2. What is the biopsychosocial model of health?

- A. A framework considering only biological factors
- B. A model that emphasizes social factors exclusively
- C. A holistic approach considering biological, psychological, and social factors**
- D. A strategy focusing solely on psychological wellbeing

The biopsychosocial model of health is a comprehensive framework that acknowledges that an individual's health is influenced by a combination of biological, psychological, and social factors. This model moves beyond a purely biomedical perspective, which focuses solely on biological aspects of health, such as genetics and physical processes, to include the complex interplay between mental health (psychological factors) and the surrounding environment and societal influences (social factors). Understanding health through this lens allows for a more holistic approach to healthcare, recognizing that a person's wellbeing cannot be fully understood or treated without considering all these interconnected aspects. This model is widely used in various fields, including psychology, medicine, and public health, as it encourages practitioners to take into account the full context of a patient's life rather than isolating their health conditions. In contrast, the other options represent limited perspectives that do not encompass the full range of influences on health. For example, focusing exclusively on biological factors neglects the significant roles of mental and social influences, while emphasizing social factors alone overlooks the crucial biological and psychological components. Similarly, concentrating solely on psychological wellbeing fails to recognize how physical health and social circumstances also play critical roles in overall health. Thus, the biopsychosocial model is essential for providing effective and comprehensive

**3. In relation to sleep, what distinguishes sleep apnea from insomnia?**

- A. Insomnia leads to deep sleep.**
- B. Sleep apnea involves breathing interruptions during sleep.**
- C. Insomnia is a rare disorder.**
- D. Sleep apnea is only experienced by men.**

Sleep apnea is characterized by specific disruptions in breathing during sleep, which distinguishes it from insomnia. Individuals with sleep apnea experience repeated episodes of blocked airflow or breathing interruptions, typically due to an obstruction in the throat or central nervous system issues, leading to fragmented sleep and reduced oxygen levels. This condition often results in noticeable symptoms like loud snoring, choking or gasping during sleep, and excessive daytime sleepiness. In contrast, insomnia is primarily a difficulty in falling or staying asleep and is often associated with long periods of wakefulness, impacting overall sleep quality. The core distinction lies in the fact that sleep apnea specifically involves physiological breathing issues during sleep, whereas insomnia relates to the inability to achieve restful sleep, independent of breathing patterns. The other options do not accurately align with the characteristics of these sleep disorders. For instance, insomnia does not lead to deep sleep; rather, it often prevents deep restful sleep. Additionally, insomnia is a common condition experienced by a significant portion of the population, not rare. Lastly, sleep apnea can affect individuals of any gender, not just men, which highlights the importance of understanding these conditions beyond gender-based assumptions.

**4. Which of the following is considered binge drinking for men?**

- A. 4 or more drinks on one occasion**
- B. 5 or more drinks on one occasion**
- C. 3 or more drinks in one hour**
- D. 2 or more drinks in one night**

Binge drinking for men is defined as having five or more drinks on a single occasion. This definition is based on research and guidelines from organizations such as the National Institute on Alcohol Abuse and Alcoholism (NIAAA). The emphasis on "five or more" is crucial because it reflects the quantity of alcohol that can lead to significant impairment and increases the risk of various negative health outcomes, including accidents, injuries, and long-term health issues. Understanding this definition is important for recognizing harmful drinking behaviors. It helps individuals evaluate their own drinking patterns and promotes awareness of when consumption crosses the line into binge drinking. This knowledge is essential for health and wellness coaching, as coaches often work with clients to promote healthy lifestyle choices and provide support in making positive changes regarding alcohol consumption.

## 5. Why is maintaining a healthy waist measurement significant?

- A. It affects heart function only
- B. It indicates risk for chronic diseases**
- C. It affects only physical appearance
- D. It is a minor health factor

Maintaining a healthy waist measurement is significant because it serves as an important indicator of risk for chronic diseases. A larger waist circumference is associated with an increase in visceral fat, which can lead to a variety of health issues such as type 2 diabetes, heart disease, and hypertension. This measurement can provide insights into body composition and help assess whether an individual is at higher risk for these diseases, making it a key focus in health assessments. Other options fail to encompass the broader implications of waist measurement. For instance, while heart function is vital, the significance of a healthy waist extends beyond just that aspect, affecting multiple systems within the body. Additionally, focusing solely on physical appearance does not address the underlying health implications tied to excess abdominal fat, which can have a profound impact on health regardless of one's outward appearance. Finally, the implication that waist measurement is a minor health factor underestimates its critical role in assessing overall health risk and monitoring well-being. Therefore, the correct understanding is rooted in recognizing that waist measurement is a key marker for chronic disease risk.

## 6. Which of the following is NOT one of the core coaching skills?

- A. Active listening
- B. Close-ended questioning**
- C. Reflections
- D. Open-ended questions

The answer highlights that close-ended questioning is not considered one of the core coaching skills. In coaching, the focus is primarily on facilitating deeper engagement and encouraging exploration of thoughts and feelings. Active listening, reflections, and open-ended questions are all techniques that foster understanding, introspection, and conversation fluidity. Active listening involves fully concentrating on what the client is saying, which builds trust and ensures that clients feel heard and understood. Reflections enable the coach to mirror back what the client has expressed, allowing for deeper understanding and insight. Open-ended questions encourage clients to elaborate, explore their feelings, and consider new perspectives, which is vital in a coaching context. On the other hand, close-ended questioning typically leads to shorter, more definitive responses that can inhibit dialogue and exploration. These questions often result in 'yes' or 'no' answers and do not promote the type of expansive discussion that is valued in coaching. Thus, recognizing close-ended questioning as outside the realm of core coaching skills helps emphasize the importance of fostering an open, reflective, and client-centered conversation.

## 7. What does effective goal setting lead to in wellness coaching?

- A. Haphazard lifestyle adjustments
- B. Clear directions and enhanced motivation**
- C. Only short-term results
- D. Less engagement from clients

Effective goal setting in wellness coaching is crucial as it provides clear directions and enhances motivation for both the coach and the client. When specific, measurable, achievable, relevant, and time-bound (SMART) goals are established, clients gain a better understanding of what they need to achieve. This clarity helps them visualize their path towards improvement and success in their health and wellness journey. Moreover, the act of setting goals fosters a sense of ownership and accountability in clients. It encourages them to actively participate in their progress, leading to increased motivation to pursue their desired lifestyle changes. By having a roadmap marked by clear goals, clients are more likely to remain focused and committed to their wellness journey. In contrast, options that suggest haphazard lifestyle adjustments, short-term results, or less engagement from clients do not reflect the empowering and structured nature of effective goal-setting in wellness coaching. Instead, successful goal-setting promotes long-term investment in health and well-being, driving continual engagement and positive outcomes in the coaching process.

## 8. How can sleep apnea be described in relation to sleep quality?

- A. It enhances the quality of sleep.
- B. It disrupts normal breath patterns during sleep.**
- C. It is only a concern for children.
- D. It allows for deeper sleep.

Sleep apnea can be described as a condition that disrupts normal breath patterns during sleep, leading to significant impacts on sleep quality. Individuals with sleep apnea experience repeated pauses in breathing or shallow breaths during sleep, which can last for a few seconds to minutes. These interruptions often result in fragmented sleep and can prevent the individual from entering deeper stages of sleep, which are essential for restorative rest. This phenomenon can lead to excessive daytime sleepiness, fatigue, and decreased cognitive function due to inadequate rest. Moreover, the disrupted breathing frequently causes awakenings that the person may not even remember, but which nonetheless lead to an overall sense of poor sleep quality. In contrast, other options suggest that sleep apnea has positive effects on sleep quality, is limited to a specific age group, or enhances deep sleep, which are not accurate descriptions of how this condition functions and affects individuals. Thus, the choice that accurately captures the essence of sleep apnea's impact on sleep is the one that highlights its disruptive nature concerning normal breathing patterns during sleep.

**9. What is considered an optimal level of HDL for men?**

- A. Greater than or equal to 40 mg/dL**
- B. Greater than or equal to 50 mg/dL**
- C. Less than 40 mg/dL**
- D. Less than 50 mg/dL**

An optimal level of high-density lipoprotein (HDL) cholesterol for men is indeed considered to be greater than or equal to 40 mg/dL. HDL is often referred to as "good" cholesterol because it helps transport cholesterol away from the arteries and back to the liver, where it is processed and removed from the body. Higher levels of HDL cholesterol are typically associated with a lower risk of heart disease. Most health guidelines suggest that men should aim for HDL levels of 40 mg/dL or higher, as levels below this threshold can indicate an increased risk for cardiovascular issues. Therefore, achieving and maintaining HDL levels that meet or exceed this guideline contributes positively to overall heart health and is an important aspect of managing cholesterol levels effectively.

**10. According to 2017 guidelines, what does a reading of 120-129 mm Hg / less than 80 mm Hg indicate?**

- A. Normal blood pressure**
- B. At risk (Pre-hypertension)**
- C. Elevated blood pressure**
- D. High blood pressure**

A reading of 120-129 mm Hg systolic and less than 80 mm Hg diastolic is classified as "elevated blood pressure" according to the 2017 guidelines set by the American College of Cardiology and the American Heart Association. This classification is part of a strategy to identify individuals at risk for developing hypertension in the future. Elevated blood pressure signifies that while the individual does not yet have high blood pressure (hypertension), their blood pressure is above the normal range and suggests the need for lifestyle changes to prevent worsening conditions. The guidelines categorize blood pressure readings as follows: normal (less than 120/80 mm Hg), elevated (120-129 mm Hg systolic and less than 80 mm Hg diastolic), stage 1 hypertension (130-139 mm Hg systolic or 80-89 mm Hg diastolic), and stage 2 hypertension (140 mm Hg or higher systolic or 90 mm Hg or higher diastolic). Understanding this classification is crucial for health and wellness coaches, as it allows them to support clients in making proactive health choices and monitoring their blood pressure to mitigate risks associated with hypertension.

# Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://healthwellnesscoach.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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