

Health Online Nutrition and Physical Activity Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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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. 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.

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. 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!

Questions

- 1. How can technology contribute to a healthier lifestyle?**
 - A. By promoting alternative fitness methods.**
 - B. By engaging in regular, vigorous exercise.**
 - C. By eliminating exercise needs.**
 - D. By avoiding dietary logs.**
- 2. Which factor could significantly alter an individual's dietary requirements?**
 - A. Age**
 - B. Favorite foods**
 - C. Social circles**
 - D. Hobbies**
- 3. Which symptoms are negative effects of performance-enhancing drugs? Select all that apply.**
 - A. infections**
 - B. mood swings**
 - C. vomiting**
 - D. liver damage**
- 4. What is the recommended action if someone sustains an injury while exercising?**
 - A. Continue to work out to build tolerance.**
 - B. Stop exercising immediately.**
 - C. Stretch the injured area to relieve pain.**
 - D. Consult a trainer for advice.**
- 5. Which factors lead to increased healthcare costs associated with obesity?**
 - A. Increased life span**
 - B. Increased medical procedures**
 - C. Decreased physical activity**
 - D. Increased chance of diabetes**

- 6. How often should adults participate in strengthening activities each week?**
- A. 1 day**
 - B. 2 days**
 - C. 3 days**
 - D. 5 days**
- 7. What risks may have been discussed with a patient regarding obesity?**
- A. Increased life span**
 - B. Increased chance of stroke**
 - C. Increased chance of heart disease**
 - D. Decreased chance of certain cancers**
- 8. Which of these is best derived through diet?**
- A. Dairy**
 - B. Water**
 - C. Grains**
 - D. Iron**
- 9. When selecting canned tomatoes, which option should Mateo choose for the least amount of sodium?**
- A. Whole tomatoes**
 - B. Regular diced tomatoes**
 - C. Low sodium diced tomatoes**
 - D. Crushed tomatoes**
- 10. What is an important aspect for Corey to maintain while pursuing competitive sports?**
- A. Focusing solely on weight**
 - B. Following a strict diet regimen**
 - C. Maintaining a balanced perspective on health**
 - D. Neglecting mental health**

Answers

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

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Explanations

1. How can technology contribute to a healthier lifestyle?

- A. By promoting alternative fitness methods.
- B. By engaging in regular, vigorous exercise.**
- C. By eliminating exercise needs.
- D. By avoiding dietary logs.

Engaging in regular, vigorous exercise is a cornerstone of a healthy lifestyle, and technology significantly contributes to this aspect in various ways. Many fitness apps and wearable devices provide users with the tools and motivation needed to maintain a consistent exercise regimen. These technologies can track physical activity, set goals, and offer reminders, which help users stay accountable and committed to their fitness journeys. Additionally, technology facilitates access to a wide range of workout options, including virtual classes and training programs that cater to different fitness levels and preferences. This versatility encourages individuals to find and engage in activities they enjoy, ultimately leading to better adherence to exercise routines. Therefore, while technology enhances numerous facets of health, its role in promoting regular, vigorous exercise is crucial for an overall healthier lifestyle.

2. Which factor could significantly alter an individual's dietary requirements?

- A. Age**
- B. Favorite foods
- C. Social circles
- D. Hobbies

Age is a significant factor that can alter an individual's dietary requirements because nutritional needs change throughout the lifecycle. For example, children require more calories and specific nutrients to support growth and development, while adults have different needs that emphasize maintaining health and preventing chronic diseases. As individuals age, their metabolism typically slows down, and their nutrient needs may shift, often necessitating adjustments in diet to account for changes in energy expenditure, physical activity levels, and the body's ability to absorb nutrients. These alterations underscore the importance of tailoring dietary choices to accommodate the specific needs associated with different stages of life. In contrast, while favorite foods, social circles, and hobbies can influence dietary preferences and food choices, they do not inherently change nutritional needs. These factors may affect an individual's eating patterns or the types of foods consumed, but they are not direct determinants of the body's nutritional requirements in the way that age is.

3. Which symptoms are negative effects of performance-enhancing drugs? Select all that apply.

- A. infections**
- B. mood swings**
- C. vomiting**
- D. liver damage**

Performance-enhancing drugs can have a range of negative effects on the body, and mood swings are a notable symptom associated with their use. These drugs, particularly anabolic steroids, can lead to significant changes in mood and behavior. Users may experience increased aggression, irritability, and severe mood fluctuations, often referred to as "roid rage." This psychological impact is linked to alterations in brain chemistry caused by these substances. While the other symptoms listed are also potential negative effects of performance-enhancing drugs, mood swings are particularly associated with the psychological side effects that can have profound implications on a user's mental health and social interactions. For instance, infections can occur as a result of unsanitary injection practices, vomiting may happen due to body rejection of the substances, and liver damage is a well-documented risk related to long-term use, particularly of oral steroid forms. However, mood swings encapsulate the psychological turmoil that can directly affect daily life, making them a critical symptom of concern.

4. What is the recommended action if someone sustains an injury while exercising?

- A. Continue to work out to build tolerance.**
- B. Stop exercising immediately.**
- C. Stretch the injured area to relieve pain.**
- D. Consult a trainer for advice.**

Stopping exercising immediately after sustaining an injury is crucial for several reasons. First, continuing to exert stress on an injured area can exacerbate the injury, potentially leading to more severe damage that may require a longer recovery time. By halting activity, it allows the body to respond appropriately to the injury and begins the healing process without further strain. Moreover, taking a break can provide individuals with the necessary time to assess the severity of the injury. Depending on the injury's nature, it may be essential to follow up with a healthcare professional for proper evaluation and treatment. This approach emphasizes the importance of listening to your body and prioritizing safety over performance. While seeking advice from a trainer may be beneficial for future injury prevention, it does not replace the immediate need to stop exercising. Stretching or attempting to work through the pain might provide temporary relief but could lead to further complications. Therefore, prioritizing rest and assessment is the appropriate action in the event of an exercise-related injury.

5. Which factors lead to increased healthcare costs associated with obesity?

- A. Increased life span**
- B. Increased medical procedures**
- C. Decreased physical activity**
- D. Increased chance of diabetes**

Increased chance of diabetes is a significant factor that contributes to heightened healthcare costs associated with obesity. Obesity is strongly linked to a higher likelihood of developing various chronic diseases, and diabetes is one of the most prevalent among them. When an individual has obesity, they often face additional health complications, which can lead to a range of medical expenses. Managing diabetes often requires continuous medical care, such as regular doctor's visits, lab tests, medications (including insulin), and possibly more intensive interventions. The ongoing nature of diabetes management makes it a considerable financial burden on both the healthcare system and patients. Furthermore, without proper management, diabetes can lead to severe health complications, including heart disease, kidney issues, and neuropathy, which can further escalate healthcare costs due to the necessity for specialized medical services and treatments. The other factors, while associated with obesity, do not directly correlate as strongly with increased healthcare costs in the same manner. For example, while an increased life span may lead to higher healthcare costs due to general aging, it does not connect as directly to obesity as diabetes does. Similarly, increased medical procedures can arise from many conditions, not exclusively obesity-related ones, and decreased physical activity, while a consequence of obesity, does not inherently create high costs without

6. How often should adults participate in strengthening activities each week?

- A. 1 day**
- B. 2 days**
- C. 3 days**
- D. 5 days**

Adults are recommended to engage in strengthening activities at least two days per week. This guideline is based on research that shows the health benefits of resistance training, which includes improvements in muscle strength, bone density, metabolic rate, and overall physical function. Strengthening activities can encompass a variety of forms, such as weight lifting, resistance band exercises, or body-weight movements like push-ups and squats. Regular participation helps to maintain muscle mass, which tends to decline with age, and contributes to functional fitness, making daily tasks easier and reducing the risk of injury. In contrast, other frequency options, while they may offer some benefit, do not meet the established recommendation for optimal health outcomes. Engaging in strength training only once a week would not provide sufficient stimulus for significant gains in strength or endurance. Similarly, doing it three or five days a week could lead to overtraining and insufficient recovery times if not properly balanced with adequate rest and nutrition. Thus, the guidance of two days aligns well with health recommendations while allowing for recovery and comprehensive fitness improvement.

7. What risks may have been discussed with a patient regarding obesity?

- A. Increased life span**
- B. Increased chance of stroke**
- C. Increased chance of heart disease**
- D. Decreased chance of certain cancers**

Discussing the risks associated with obesity is crucial for patient education and health management. The link between obesity and increased chances of heart disease is well-established. Obesity can lead to a variety of cardiovascular issues, including hypertension, elevated cholesterol levels, and increased strain on the heart, which all significantly contribute to the risk of heart disease. This connection is supported by numerous studies indicating that excess body weight can lead to unhealthy metabolic changes that adversely affect heart health. Furthermore, obesity is also associated with other serious conditions, including type 2 diabetes and certain kinds of cancer, but the risk of developing heart disease is particularly pertinent due to its prevalence and severe consequences. On the other hand, increased life span would not accurately reflect the impact of obesity, as studies show that obesity is typically linked with a decreased life expectancy. Additionally, while there are certain cancers with a decreased chance due to obesity, there are also numerous cancers for which obesity is a risk factor. Therefore, the association between obesity and heart disease is particularly strong and one of the significant health risks that should be communicated to patients.

8. Which of these is best derived through diet?

- A. Dairy**
- B. Water**
- C. Grains**
- D. Iron**

Iron is best derived through diet as it is an essential mineral that the body requires for various functions, including the formation of hemoglobin in red blood cells, which is critical for transporting oxygen throughout the body. Dietary sources of iron include red meat, poultry, fish, lentils, beans, and fortified cereals. The body does not produce iron on its own, so it must be obtained from food sources to meet daily needs. While dairy products, water, and grains can all provide important nutrients, they are not primarily sources of iron. Dairy is rich in calcium and other nutrients but contains very little iron. Water is essential for hydration and is critical for overall health, but it does not provide any nutrients including iron. Grains can provide some iron, especially when fortified, but they are not as concentrated a source as meat and legumes. Thus, the best choice for obtaining iron through diet is the one specifically focused on iron-rich foods.

9. When selecting canned tomatoes, which option should Mateo choose for the least amount of sodium?

- A. Whole tomatoes**
- B. Regular diced tomatoes**
- C. Low sodium diced tomatoes**
- D. Crushed tomatoes**

Choosing low sodium diced tomatoes is the best option for minimizing sodium intake because these products are specifically formulated to contain reduced levels of sodium compared to standard canned tomatoes. Many conventional canned tomato products, like whole or regular diced tomatoes, often contain added salt for flavor preservation, which increases their sodium content. In contrast, low sodium varieties typically have 140 mg or less of sodium per serving, which aligns with dietary guidelines that recommend limiting sodium intake. This makes them a health-conscious choice for individuals looking to control their sodium consumption, especially those with hypertension or other health conditions that require monitoring salt levels. While crushed tomatoes are a versatile option and may also be low in sodium, without specifically being labeled as "low sodium," you risk choosing a product with higher sodium content. Therefore, low sodium diced tomatoes stand out as the clear choice for those wanting to keep sodium intake to a minimum while enjoying the convenience of canned tomatoes.

10. What is an important aspect for Corey to maintain while pursuing competitive sports?

- A. Focusing solely on weight**
- B. Following a strict diet regimen**
- C. Maintaining a balanced perspective on health**
- D. Neglecting mental health**

Maintaining a balanced perspective on health is crucial for someone like Corey who is pursuing competitive sports. This approach encompasses not just physical conditioning and performance but also emotional and mental well-being. Engaging in competitive sports can be physically demanding and mentally taxing, making it important for athletes to focus on overall health rather than just one aspect, such as weight or diet. A balanced perspective allows athletes to understand the importance of nutrition, exercise, and mental health. It encourages them to listen to their bodies, manage stress, and enjoy the sport rather than feeling overwhelmed or pressured. This holistic view helps in preventing burnout, injuries, and psychological issues that can arise when athletes only focus on competitive success or restrictive dietary practices. In competitive sports, athletes face various pressures—be it from coaches, peers, or their own expectations. By adopting a comprehensive approach to health, Corey can cultivate resilience, improve performance sustainably, and maintain a love for the sport, ensuring long-term success and well-being.

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.

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

<https://healthonlinenutritionphysactivity.examzify.com>

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