

## Health And Wellness Study Guide Answers

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Health is defined as the overall mental and physical state of a person; the absence of disease. This isn't entirely the same thing as wellness. Wellness refers to the state of being in optimal...

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**AEPa Health (NT505): Practice & Study Guide Course ...**  
Health & Wellness Coach Certifying Examination 2019 - 2021 Bulletin of Information Page 5 of 22 Test Items in the certifying exam are developed by experts in health and wellness coaching in consultation with editors experienced in high-stakes assessments of health professionals.

**2019 - Health & Wellness Coach Certifying Examination**  
DO NOT PRINT THE STUDY GUIDE!!! ... I have serious test anxiety and keep on pushing my Health fitness and wellness test back because i'm scared of how i will do, even though i passed the pre-assessment with competent, but it is a bit scary when someone is watching you.