

True/False questions

Definition

a steam-filled and heated room to cause sweating

Term

swamp



☐ True

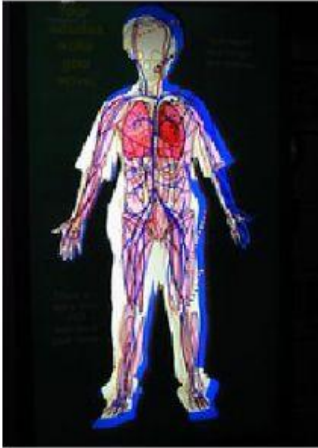
☐ False

Definition

Term

A system that protects the body from foreign substances and pathogenic organisms by producing the immune response

immune system



☐ True

☐ False

Choose the correct answer

Definition

a lowland region that is saturated by water



- ☐ steam room
- ☐ swamp
- ☐ prayer
- ☐ stress

Definition

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conversation with God



- ☐ illness
- ☐ laughter
- ☐ swamp
- ☐ prayer

Definition

the process by which we perceive and respond to certain events, called stressors, that we appraise as threatening or challenging



- ☐ stress
- ☐ acupuncture
- ☐ illness
- ☐ exercise

3 Matching questions



choice



A. laughter

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B. alternative

C. acupuncture



the practice of inserting fine needles through the skin at specific points to cure disease or relieve pain



the action or sound of laughing



Written questions

Definition

a psychological state of effortlessness, in which you become completely absorbed in what you're doing and time seems to pass quickly



Definition

state of being sick



Definition

planned, structured, repetitive movement intended to improve physical fitness