NATIONAL BOARD FOR HEALTH & WELLNESS COACHING (NBHWC) PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://nbhwchealthwellnesscoaching.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 16

SAMPLE

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. **When utilizing the decisional balance tool, what aspect is most likely to encourage change talk?**

   A. Describing the benefits of staying the same

   B. Describing the benefits of making a change

   C. Listing concerns about making a change

   D. Listing concerns about staying the same

2. **Which open-ended question is most suitable for a client in the contemplation stage of change?**

   A. What would have to happen that would signal you that it's time to start thinking about changing?

   B. What would be some pros and cons of making a change right now?

   C. What has worked for you in the past?

   D. Why make this change?

3. **What might indicate success in short-term goal setting for a health client?**

   A. Focusing solely on long-term outcomes

   B. Regularly modifying goals based on progress

   C. Setting excessively ambitious targets

   D. Documenting minor progress over time

4. **In the statement regarding the importance of sleep, which type of reflection does it illustrate?**

   A. Simple Reflection

   B. Amplified Reflection

   C. Double-Sided Reflection

   D. Clarifying Reflection

5. **When a client rationalizes their drinking habits as a way to socialize and relax, they are displaying:**

   A. Sustain talk

   B. Change talk

   C. Rolling with resistance

   D. Sympathy

SAMPLE

6. In a situation where a client fears failing her vegetarian goals, what is the best initial response for the coach?

A. Use double-sided reflections

B. Provide unconditional positive regard

C. Explore why she chose to eat meat

D. Ask her about other friends she may consider eating out with

7. What is the recommended maximum sodium intake per day for lowering blood pressure?

A. 2500 mg

B. 2300 mg

C. 1800 mg

D. 1200 mg

8. What skill is the coach demonstrating when acknowledging a client's reduction in screen time?

A. Empathy

B. Affirmations

C. Open-ended questioning

D. Motivational interviewing

9. What is a key benefit of discussing a client's health risk assessment during initial coaching sessions?

A. To establish a focus for future sessions

B. To enhance the coach's credibility

C. To prepare for potential health crises

D. To evaluate the client's motivation

10. What is a primary focus of health and wellness coaching?

A. Encouraging competition among clients.

B. Facilitating the client's personal responsibility for health.

C. Providing technical expertise only.

D. Focusing solely on physical health outcomes.

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. When utilizing the decisional balance tool, what aspect is most likely to encourage change talk?

A. Describing the benefits of staying the same

B. Describing the benefits of making a change

C. Listing concerns about making a change

D. Listing concerns about staying the same

Describing the benefits of making a change is a powerful way to encourage change talk because it focuses on the positive outcomes and advantages that can result from adopting new behaviors or attitudes. This approach actively engages individuals by prompting them to reflect on what they could gain, which can stimulate motivation and confidence in their ability to change. When individuals articulate the potential benefits they perceive in making a change, they are more likely to feel empowered and optimistic about their choices. This positive framing helps them envision a better future and makes the idea of change more appealing. In motivational interviewing and coaching practice, this technique is crucial in fostering a supportive environment where clients can explore their desires and capabilities for change, ultimately leading to constructive dialogue about their goals and aspirations for health and wellness. Other options tend to focus on negative aspects or maintain the status quo, which may not inspire the same level of enthusiasm or commitment toward change.

2. Which open-ended question is most suitable for a client in the contemplation stage of change?

A. What would have to happen that would signal you that it's time to start thinking about changing?

B. What would be some pros and cons of making a change right now?

C. What has worked for you in the past?

D. Why make this change?

The most suitable open-ended question for a client in the contemplation stage of change is one that encourages reflection on the implications of making a change without pushing for an immediate commitment. The selected question prompts the client to evaluate both the positive aspects (pros) and the potential drawbacks (cons) of making a change at this moment. This stage is characterized by an awareness of the need to change but ambivalence about it, so exploring the pros and cons can help clients clarify their thoughts and feelings about the change, leading to deeper insights and a potential movement toward readiness for action. In contrast, the other questions either push the client to think about change in a more immediate or directive way or address past experiences without focusing on the present contemplation stage. The focus on pros and cons specifically helps the client evaluate their current situation and consider their options, making it particularly pertinent for someone who is weighing the decision of whether or not to change.

SAMPLE

3. What might indicate success in short-term goal setting for a health client?

A. Focusing solely on long-term outcomes

B. Regularly modifying goals based on progress

C. Setting excessively ambitious targets

D. Documenting minor progress over time

The indication of success in short-term goal setting for a health client is best represented by documenting minor progress over time. This reflects the principle that achieving incremental goals is a key aspect of building momentum and maintaining motivation for clients. When clients document their progress, no matter how small, it reinforces their commitment to their health journey and helps them see that they are moving in the right direction. Small victories contribute to overall confidence and encourage clients to continue striving toward larger goals. Monitoring and celebrating minor progress can also help clients identify what works for them, allowing for adjustments that can lead to even greater achievements in the future. This approach is grounded in the understanding that behavior changes often take time and that focusing on achievable milestones can lead to more sustainable success. In health coaching, recognizing and documenting these small steps is crucial in fostering a sense of accomplishment and reinforcing positive behavior changes.

4. In the statement regarding the importance of sleep, which type of reflection does it illustrate?

A. Simple Reflection

B. Amplified Reflection

C. Double-Sided Reflection

D. Clarifying Reflection

The statement regarding the importance of sleep illustrates double-sided reflection, as it acknowledges both the client's potential ambivalence concerning sleep and the benefits of getting adequate rest. Double-sided reflection involves recognizing and articulating multiple perspectives or conflicting thoughts that a client may have about a particular issue. In this case, the reflection captures the idea that while the client may recognize the need for better sleep, they might simultaneously experience reluctance or barriers to achieving it. This type of reflection encourages the client to explore their feelings and thoughts around sleep more deeply, which can facilitate a productive conversation about overcoming obstacles and committing to healthier behaviors. By highlighting both sides, this approach helps the client to navigate their ambivalence and ultimately supports their wellness journey.

SAMPLE

5. When a client rationalizes their drinking habits as a way to socialize and relax, they are displaying:

A. Sustain talk

B. Change talk

C. Rolling with resistance

D. Sympathy

The correct answer, which reflects the client's behavior of justifying their drinking habits as a means to socialize and relax, relates to the concept of "sustain talk." This term describes the statements or thoughts that individuals express when they discuss reasons for maintaining their current behavior, rather than making a change. In this scenario, the client is reinforcing their drinking routine by framing it positively, suggesting that it serves a social and relaxation purpose. Sustain talk is characterized by the individual's reasoning that supports the status quo—holding onto current behaviors despite potential issues. This can often occur in health and wellness coaching where clients might acknowledge the negative consequences of their actions but still find rationalizations that help them feel comfortable with those behaviors. Understanding this concept is crucial, as it highlights the areas individuals need to explore to elicit change and promote healthier habits. The other concepts mentioned, such as change talk, refer to language that indicates a desire or commitment to make a change, while rolling with resistance involves strategies to handle client objections without confrontation. Sympathy is emotional support without the focus on behavior change. Recognizing the distinction between these types of talk is essential for effective coaching and facilitating genuine behavior change.

6. In a situation where a client fears failing her vegetarian goals, what is the best initial response for the coach?

A. Use double-sided reflections

B. Provide unconditional positive regard

C. Explore why she chose to eat meat

D. Ask her about other friends she may consider eating out with

Providing unconditional positive regard is particularly effective in situations where a client expresses fear or anxiety about their goals. This approach emphasizes acceptance and support, creating a safe environment for the client to express their feelings and concerns. By conveying unconditional positive regard, the coach validates the client's experiences and emotions without judgment, which can help to build trust in the coaching relationship. When a client fears failing their vegetarian goals, acknowledging their feelings with warmth and acceptance can significantly alleviate their anxiety. This response promotes open dialogue, allowing the client to explore their feelings further and gain insight into their motivations and challenges. It lays a foundation for deeper exploration of their goals and assists in finding strategies to overcome perceived barriers. In contrast, the other options may not address the client's immediate emotional state as effectively. For example, reflecting on both sides of the client's feelings might prolong the discussion without providing the supportive acknowledgment they need at that moment. Similarly, exploring why the client chose to eat meat could introduce defensiveness rather than foster a supportive environment. Asking about friends they may consider eating out with might shift the focus away from personal feelings and goals and detract from building the foundational rapport necessary for effective coaching.

SAMPLE

7. What is the recommended maximum sodium intake per day for lowering blood pressure?

A. 2500 mg

B. 2300 mg

C. 1800 mg

D. 1200 mg

The recommended maximum sodium intake per day for lowering blood pressure is 2300 mg. This guideline is based on the understanding that reducing sodium intake can help many individuals lower their blood pressure and reduce the risk of cardiovascular disease. The 2300 mg recommendation aligns with guidelines established by health organizations, which indicate this level can be beneficial for most people, especially those who are at risk of hypertension. It's important to note that while some individuals, particularly those with high blood pressure or specific health conditions, may benefit from lower sodium intake (1800 mg or even lower), the general population guideline is set at 2300 mg. Research supports this standard by demonstrating that most people achieve significant health benefits by adhering to this sodium limit, which can lead to improved blood vessel function and overall cardiovascular health. Therefore, 2300 mg serves as an effective target for those aiming to manage blood pressure through dietary modifications.

8. What skill is the coach demonstrating when acknowledging a client's reduction in screen time?

A. Empathy

B. Affirmations

C. Open-ended questioning

D. Motivational interviewing

The skill being demonstrated when acknowledging a client's reduction in screen time is affirmations. Affirmations are specific statements that recognize and validate a client's efforts, strengths, and achievements. By acknowledging the reduction in screen time, the coach is reinforcing the client's positive behavior change, which can enhance the client's motivation and self-efficacy. This acknowledgment helps to build rapport and encourages further progress by highlighting the client's commitment to their goals. It serves as a positive reinforcement that can empower the client, making them more likely to continue making healthy choices. Such recognition is a foundational element in coaching, as it fosters a supportive environment where clients feel appreciated and motivated to maintain their changes. While empathy involves understanding and sharing the feelings of the client, and open-ended questioning encourages dialogue and exploration, the specific act of recognizing achievements is what characterizes affirmations. Motivational interviewing is a broader counseling approach that encompasses various skills, including affirmations, but the question asks for a specific skill demonstrated in the scenario. Therefore, affirmations are the most accurate choice here.

SAMPLE

9. What is a key benefit of discussing a client's health risk assessment during initial coaching sessions?

A. To establish a focus for future sessions

B. To enhance the coach's credibility

C. To prepare for potential health crises

D. To evaluate the client's motivation

Establishing a focus for future sessions is a fundamental aspect of discussing a client's health risk assessment during the initial coaching sessions. When coaches review the health risk assessment, they can identify areas of concern that are particularly relevant to the client's health and wellness goals. This process not only allows for a tailored approach that aligns with the client's specific needs and challenges but also facilitates setting measurable objectives for the coaching journey. By understanding the risk factors that may impact their health, both the client and the coach can prioritize topics and strategies that will be most beneficial in subsequent sessions, ultimately enhancing the effectiveness of the coaching relationship and outcomes. While enhancing the coach's credibility, preparing for potential health crises, and evaluating the client's motivation are all important aspects of coaching, they do not serve the primary purpose of directing the focus of future sessions as thoroughly as establishing a focus based on the client's specific health risks does.

10. What is a primary focus of health and wellness coaching?

A. Encouraging competition among clients.

B. Facilitating the client's personal responsibility for health.

C. Providing technical expertise only.

D. Focusing solely on physical health outcomes.

The primary focus of health and wellness coaching is to facilitate the client's personal responsibility for health. This approach is centered around empowering clients to take charge of their own health journey. Coaches help clients identify their values, set meaningful goals, and create actionable plans that align with those goals. This enables clients to develop the skills and confidence needed to make sustainable lifestyle changes. Health and wellness coaching recognizes that each individual is unique, and effective coaching involves listening to clients, understanding their specific challenges and motivations, and supporting them in creating personalized solutions. By prioritizing personal responsibility, coaches provide a space where clients can explore their beliefs and behaviors related to health and wellness, leading to deeper self-awareness and autonomy. Encouraging competition among clients, providing technical expertise only, or focusing solely on physical health outcomes do not align with the core principles of health and wellness coaching, which emphasizes a collaborative and holistic approach to health.

SAMPLE

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://nbhwchealthwellnesscoaching.examzify.com

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

SAMPLE