



MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1. Massage therapy has been noted to relax the nervous system by:**
 - a. Making you happy
 - b. Enabling your muscles to contract
 - c. Slowing heart rate and blood pressure
 - d. Increasing circulation

- 2. Trillions of microbes are living in and on your body right now. Most don't harm you at all.**
 True False

- 3. The following healthy lifestyle behavior(s) may help the aging brain:**
 - a. Exercise regularly
 - b. Eat a healthy diet that is rich in fruits and vegetables
 - c. Engage in social and intellectually stimulating activities
 - d. Control type 2 diabetes
 - e. All of the above.

- 4. Which risk factor for heart disease can't be changed:**
 - a. High blood cholesterol
 - b. Age
 - c. Excess weight
 - d. Physical Inactivity

- 5. Vigorous massage should be avoided by people with bleeding disorders or low blood platelet counts, and by people taking blood-thinning medications such as warfarin.**
 True False

- 6. You can help protect the microbes your body needs to maintain good health if you:**
 - a. Know when to wash your hands—for example, when preparing food and before eating
 - b. Use antibacterial products, even if you don't need them
 - c. Take antibiotics for a virus

- 7. Alzheimer's disease usually affects people 80 and older, but people with a rare form of the illness can develop the disease in their 30s or 40s.**
 True False

- 8. A BMI between 25 and 29.9 means that you're:**
 - a. Underweight
 - b. Normal
 - c. Overweight
 - d. Obese



Wellness Council of America
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- 7. Alzheimer's disease usually affects people 80 and older, but people with a rare form of the illness can develop the disease in their 30s or 40s.**
 True False **Alzheimer's disease usually affects people 60 and older, but people with a rare form of the illness can develop the disease in their 30s and 40s.**
- 8. A BMI between 25 and 29.9 means that you're:**
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 - b. Normal
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