



MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. Researchers developed the _____ to measure the quality of carbs in foods.

- a. **Glycemic index**
- b. Fructose calculator
- c. Glucose index
- d. Complex carb counter

2. Acute pain can help prevent more serious injury. For instance, it can make you quickly pull your finger away from a hot stove or keep your weight off a broken ankle.

- True
- False

3. Sedentary behavior—which usually means sitting or lying down while awake—has been linked to a shorter lifespan and a wide range of medical problems.

- True
- False

4. Which of the following is *not* a good tip for pain relief:

- a. Keep your weight in check
- b. Exercise
- c. **Eat a diet high in saturated fat**
- d. Join a pain support group

5. Complex carbohydrates include:

- a. Whole grain breads and cereals
- b. Starchy vegetables
- c. Legumes
- d. **All of the above**

6. _____ is a condition in which a person is under anesthesia, but still hears the doctors talking and remembers the experience afterward.

- a. **Anesthesia awareness**
- b. Sedation
- c. Anesthesia resistance

7. Experts recommend that adults should aim to exercise:

- a. Ten minutes a day
- b. **At least two and a half hours a week at moderate intensity or 75 minutes a week at a vigorous level.**
- c. Fifteen minutes a day three days a week
- d. No more than 20 minutes every other day

8. Which of the following is not one of the three main stages of general anesthesia:

- a. Going under
- b. **Almost under**
- c. Staying under
- d. Recovery

