



# MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. Problem gambling can progress to a recognized psychiatric diagnosis called compulsive gambling.

- True  **False—Problem gambling can progress to a recognized psychiatric diagnosis called **pathological gambling**.**

2. \_\_\_\_\_ have many nutrients and are recommended for everyone, vegetarians and non-vegetarians alike.

- a. **Beans and peas**  
b. White flour and simple carbohydrates  
c. Energy drinks

3. \_\_\_\_\_ at the front of your eye may be one of the first parts of your eyes to show signs of age.

- a. The pupil  
b. **The clear, curved lens**  
c. The retina

4. Experts generally agree that vegetarians who eat a wide variety of foods can readily meet all their body's needs for nutrients

- True  False

5. Which of the following can you do to promote good bone health:

- a. Increase your load-bearing exercise, like walking  
b. Increase your caffeine intake  
c. Make good food choices, rich in calcium and vitamin D  
d. **Both a & c**

6. Complications of pathological gambling may include:

- a. Alcohol and drug abuse problems  
b. Anxiety and depression  
c. Heart attacks (from the stress and excitement of gambling)  
d. **All of the above**  
e. None of the above

7. To help protect your vision, you should have a comprehensive eye exam each year after age :

- a. 30  
b. 40  
c. **50**  
d. 60

8. No matter what your age, it's never too late to promote bone health.

- True  False

