



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

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

