



# Monthly QUIZ

ANSWERS

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1** According to the Dietary Guidelines for Americans, moderate drinking is up to \_\_\_\_\_.

  - a. 1 drink per day for women and up to 2 drinks per day for men**
  - b. 2 drinks per day for women and up to 2 drinks per day for men
  - c. 2 drinks per day for women and up to 3 drinks per day for men
  
- 2** Research has found a link between an upbeat mental state and improved health, including lower blood pressure, reduced risk for heart disease, healthier weight, better blood sugar levels, and longer life.

**True**     False
  
- 3** Superbugs infect over 12 million people across the U.S. each year and kill more than 23,000.

True     **False— Superbugs infect over 2 million people across the U.S. each year and kill more than 23,000.**
  
- 4** Among those who appear more resilient and better able to hold on to positive emotions are people who've practiced various forms of \_\_\_\_\_.

  - a. exercise
  - b. martial arts
  - c. meditation**
  
- 5** ALS stands for arthrosis lateral sclerosis. It's also called Lou Gehrig's disease.

True     **False— ALS stands for amyotrophic lateral sclerosis. It's also called Lou Gehrig's disease.**
  
- 6** Bacterial strains that are resistant to many types of antibiotics are called \_\_\_\_\_.

  - a. giant germs
  - b. microbes
  - c. superbugs**
  
- 7** Nationwide, more than people have \_\_\_\_\_ ALS. It affects people of all races and ethnicities. ALS most commonly strikes between the ages of 40 and 60, but younger and older people also can develop the disorder

  - a. 12,000**
  - b. 500,000
  - c. 60,000
  
- 8** Problem drinking was more common in men than in women. It was also more common in young adults than in older adults.

**True**     False