Monthly Quiz Answers

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1 **Activities that cause you to breathe harder are called _____activities.**

a. anaerobic
b. aerobic
c. static

2 **Even if your vision seems fine, the only way to know for sure that your eyes are healthy is to get a comprehensive dilated eye exam.**

☑ **True** ☐ False

3 **An average person on an average day needs about _____ quarts of water a day.**

a. 3
b. 6
c. 9

4 **DVT doesn't usually cause complications if it's not treated.**

☐ True ☑ **False—DVT can cause serious complications if not treated.**

5 **Most adults nationwide don't meet even the minimum recommended amounts of physical activity. That's at least _____ minutes of brisk walking or other moderate activity, 5 days a week.**

a. 3
b. 6
c. 120
d. 30

6 **_____ measures the eye's interior pressure by sending a quick puff of air onto its surface.**

a. Tonometry
b. Pedometry
c. Dilation

7 **Several types of medicine may be used to treat or prevent DVT.**

☑ True ☐ False

8 **Any healthy person can become dehydrated on hot days, when you've been exercising hard or when you have a disease or condition like diarrhea, in which you can lose a lot of fluid very quickly.**

☑ True ☐ False