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MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. **A single concussion is also known to raise your risk for having another concussion—and a second concussion may be more severe.**
   ☐ True ☐ False

2. **Experts recommend that most kids get at least _____of moderate to vigorous physical activity each day.**
   a. 30 minutes
   b. 3 hours
   c. an hour
   d. 15 minutes

3. **Researchers know that long after a concussion, the brain is especially vulnerable to having a second, more serious injury.**
   ☐ True ☐ False

4. **Today, nearly one in _____ children in the United States is overweight or obese.**
   a. five
   b. three
   c. nine

5. **Lack of sleep can cut learning ability by up to 40%.**
   ☐ True ☐ False

6. **Each kidney contains about _____ tiny filters that can process around 40 gallons of fluid every day.**
   a. a million
   b. five thousand
   c. a billion

7. **While you snooze, your brain cycles through different phases of sleep, including light sleep, deep sleep, and _____ sleep, when dreaming often occurs.**
   a. rapid eye movement (REM)
   b. moderate
   c. restorative

8. **About 5 in 10 adults nationwide, or about 20 million people, have at least some signs of kidney damage.**
   ☐ True ☐ False

Wellness Council of America
17002 Marcy Street, Suite 140 | Omaha, NE 68118
Phone: 402.827.3590 | Fax: 402.827.3594
www.welcoa.org