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WELCOA
ONLINE BULLETINS

MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. **Pandemic flu is common—occurring once every few years.**
   True False

2. **When you become an organ donor, you can save the lives of up to ____ people.**
   a. 3
   b. 4
   c. 6
   d. 8

3. **Stress and spicy foods can cause gastritis and ulcers.**
   True False

4. **Experts recommend 4 types of exercise for older adults: endurance, balance, strength and**
   a. flexibility
   b. isometric
   c. isotonic

5. **This is the system that protects your body from viruses and other microscopic threats:**
   a. Cardiovascular system
   b. Immune system
   c. Respiratory system

6. **To realize its many benefits, the Centers for Disease Control and Prevention recommends you incorporate strength training into your routine _____ times each week.**
   a. six to nine
   b. two to three
   c. four to five
   d. five to six

7. **You can donate some organs—like a kidney or part of your liver—while you're still alive.**
   True False

8. **_____ breaks down the inner protective coating in some people's stomachs and causes inflammation.**
   a. E Coli
   b. Salmonella
   c. H. pylori

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