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MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. **Lack of sleep can disrupt the normal chemical signals in your body and lead you to eat more.**
   ☐ True ☐ False

2. **Arthritis comes in many forms. In fact, there are more than 20 types, each with its own symptoms and treatments.**
   ☐ True ☐ False

3. **Good coping strategies for dealing with the loss of a loved one include:**
   a. Taking care of yourself
   b. Isolating yourself
   c. Making major changes and decisions
   d. Finding a grief support group
   e. Both a and d

4. **The presence of an adult passenger can reduce teenage driver crashes and near-crashes by:**
   a. 50%.
   b. 90%.
   c. 75%.
   d. 25%.

5. **Most states do not allow teens to have more than one passenger under the age of 21.**
   ☐ True ☐ False

6. **People with complicated grief are at risk for all *except* the following:**
   a. major depression
   b. substance abuse
   c. post-traumatic stress disorder
   d. heart disease

7. **Osteoarthritis is a _____disease that breaks down different parts of the joint. It most often affects the fingers, knees and hips.**
   a. contagious
   b. wear or tear
   c. autoimmune

8. **Good weight control tips include all but the following:**
   a. Using nutrition labels
   b. Eating out of habit, like in front of the TV or computer
   c. Watching your portions. Value-size servings aren't a bargain if you're eating too much
   d. Cutting your sugar intake

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