



# Monthly QUIZ

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1 \_\_\_\_\_ senses and maintains energy levels in the cell.

- a. **AMPK**
- b. QRTF
- c. DNA

2 About \_\_\_\_\_ of the calories in the American adult diet come from added sugars.

- a. 40%
- b. 35%
- c. **15%**
- d. 60%

3 Cold, flu, and allergy all affect your immune system, which can make it hard to breathe. Each condition has key symptoms that set them apart.

- True     **False— Cold, flu, and allergy all affect your respiratory system, which can make it hard to breathe. Each condition has key symptoms that set them apart.**

4 Hearing loss from too much noise—called \_\_\_\_\_—may be hardly noticeable at first. Once lost, however, hearing cannot be restored.

- a. **noise-induced hearing loss (NIHL)**
- b. acute deafness
- c. gradual hearing loss

5 Several studies have found a direct link between excess sugar consumption and obesity and cardiovascular problems worldwide.

- True**     False

6 Both calorie restriction and \_\_\_\_\_—a compound found in grapes, red wine, and nuts—ward off several age-related diseases in animal models.

- a. **resveratrol**
- b. antioxidants
- c. free radicals

7 Allergy symptoms usually last as long as you're exposed to the allergen, which may be about 12 weeks during pollen seasons in the spring, summer, or fall. Colds and flu rarely last beyond 2 weeks.

- True     **False—Allergy symptoms usually last as long as you're exposed to the allergen, which may be about 6 weeks during pollen seasons in the spring, summer, or fall. Colds and flu rarely last beyond 2 weeks.**

8 The design of today's restaurants is making them far noisier than they once were.

- True**     False