



Monthly QUIZ

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1** Researchers now know that all depression is equal, and that different people can use the same approaches to get better.

True **False—Researchers now know that all depression is not equal, and that different people need different approaches to get better.**
- 2** The lower, or lumbar spine is a complex structure mad up of powerful _____, ligaments, bones, and joints.

a. **muscles**
b. blood
c. plasma
- 3** If you are overweight and inactive, you may be more likely to develop

a. certain forms of cancer
b. heart disease
c. high blood pressure
d. stroke
e. type 2 diabetes (high blood sugar)
f. **all of the above**
- 4** You should hold hot foods (on a table, buffet, etc) at 140 °F or warmer.

True False
- 5** Depression takes a physical toll that doctors can measure.

True False
- 6** Keeping your back healthy is the best way to prevent low back injury. You can:

a. Lift objects too heavy for you.
b. Do regular, low-impact exercises like walking, swimming, or stationary bike riding 30 minutes a day to increase muscle strength and flexibility.
c. Practice good posture.
d. **b and c**
- 7** Most people need to see their health care provider before getting physically active.

True **False—Most people do not need to see their health care provider before getting physically active.**
- 8** You should throw any food that has been out at room temperature for _____ or more.

a. four hours
b. **two hours**
c. 60 minutes
d. three hours