



MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. How much does the average identity theft victim spend to clear up the damage inflicted?
 - a. less than \$100
 - b. about \$350
 - c. about \$800
 - d. more than \$3,000
2. According to findings from the Gallup Organization, 56% of adults may be affected by fatigue.
 True False
3. Americans consume nearly four pounds of potato chips every year.
 True False
4. Up to 90% of doctor visits are not necessary.
 True False
5. Which of the following is NOT a proper strategy to "kick the snack attack?"
 - a. Keep track of your snacking.
 - b. Avoid sweets by substituting spicy foods.
 - c. Bring your own snacks to work.
 - d. Keep sweets in your glove compartment – just in case.
6. It is estimated that one out of every five people do not wash their hands after using the restroom.
 True False
7. There are almost 450 different soft drinks on the market today, and each year Americans consume more than 50 gallons per person.
 True False
8. How long should you scrub when washing your hands?
 - a. at least 5 seconds
 - b. 10-15 seconds
 - c. 50-60 seconds
 - d. 20 minutes



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