



MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

1. A well balanced diet should include which of the following foods?
 - a. Fruits
 - b. Vegetables
 - c. Breads and Cereals
 - d. All of the above
2. When planning your personal fitness plan it is important to set priorities in order to track success.
 True False
3. The best way to keep your identity secure is to give out your Social Security number and personal information to anyone in person, over the phone or via the Internet.
 True False
4. Acupuncture is one of the oldest systems of healing still practiced today as its recorded history goes back 5,000 years and is part of Chinese medicine.
 True False
5. When budgeting for a remodeling project, be sure to add an additional 10 to 20 percent buffer to compensate for unexpected expenses that may creep into the project.
 True False
6. Research indicates that if you want to get both a cardiovascular and weight workout and want to get the best use of your time, hit the weights before getting on the treadmill, stair climber or exer-cycle.
 True False
7. Kitchens and bathrooms top the home improvement lists in every region of the country.
 True False
8. Which of the following is NOT a typical sign of overtraining?
 - a. Trouble sleeping
 - b. Feeling over-tired
 - c. Heart rate is lower than normal
 - d. Not as strong/fast during normal workouts



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