



MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

Participant Name: _____

1. Which of the following is NOT a good tip for walkers?
 - a. Try to walk at least three times per week.
 - b. Wear clothes that will keep you dry and comfortable.
 - c. Don't wear shoes with thick flexible soles**
 - d. To avoid stiff or sore muscles or joints, start gradually.
2. In about 65 million American adults—nearly 1 in 3—have high blood pressure.
 True False
3. The first step to financial wellness is to live beneath your means.
 True False
4. It is NOT important in a skin care program to stay healthy and fit.
 True False
5. Which of the following is NOT a way to keep your identity secure?
 - a. Order a copy of your credit report
 - b. Don't give out personal information
 - c. Don't take mail to a post office**
 - d. Buy a document shredder
6. If cheese gets moldy, is it alright to cut away ½ inch of cheese on all sides of the visible mold.
 True False
7. 27% of adults have dozed off at the wheel of an automobile in the last year.
 True False
8. If you have high blood pressure, it is important that you:
 - a. Keep track of your blood pressure.
 - b. Talk to your health care provider.
 - c. Take your blood pressure medicines.
 - d. Keep your follow up appointments.
 - e. All of the above**



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