



# Monthly QUIZ *Answers*

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

**1** To reduce stress, you should try all but the following:

- a. Get enough sleep.
- b. Exercise regularly.
- c. Build a social support network.
- d. Ignore what's bothering you.**

**2** In any 3-month period, about 1 in 4 adults in the U.S. has at least one day of back pain, mostly in the lower back.

- True**     False

**3** Common reasons why we get injured playing sports include:

- a. not training or playing properly
- b. training too much
- c. stretching
- d. both a and b**

**4** Supplements can take the place of the variety of foods that are important to a healthy diet.

- True     **False—Supplements can't take the place of the variety of foods that are important to a healthy diet.**

**5** The top causes of stress in the U.S. are \_\_\_\_\_ and work-related pressures, according to a 2013 survey from the American Psychological Association.

- a. children
- b. social anxiety
- c. money**

**6** People with obesity are more likely to have low back pain, as are people who smoke.

- True**     False

**7** \_\_\_\_\_ are things like fractures, sprains and strains, concussions, and cuts. They usually happen after a blow or force—like getting tackled in football or wiping out while skateboarding.

- a. Carpal tunnel injuries
- b. Benign injuries
- c. Acute traumatic injuries**

**8** Some supplements can increase the risk of bleeding or, if a person takes them before or after surgery, they can affect the person's response to anesthesia.

- True**     False