

Answer Sheet

Grading Scale:

10/10 or **9/10** = **Awesome!** You appear to be an expert when it comes to health and wellness issues.

8/10 = **Beneficial.** Your knowledge will help you keep in the know. Good job!

7/10 = **Common.** You're probably at the same level as many others. Keep striving forward!

6/10 = **Doubtful.** Your awareness level is at the bare minimum. Time to brush up!

5 or below = **Forget about it!** Don't let your lack of expertise on these topics discourage you. Do all you can to familiarize yourself with these health and wellness facts. Your health and well-being could be at stake!

1. Heart Rate Monitors can tell you the number of calories burned in a workout.

—True

2. Over 75% of Americans select food for health reasons.

—True

3. Candy bars can contain anywhere from 400-800 calories.

—False (Most candy bars contain from 250-400 calories.)

4. Everyone loses muscle mass and strength as they age.

—True (However, exercise slows the loss and rebuilds muscle.)

5. E-Filing (filing your tax returns over the internet) is available for approximately 30% of tax payers in 2004.

—False (The IRS is working to make e-filing available for an estimated 60% of taxpayers in 2004.)

6. Experts estimate that you'll need what percentage of your current income when you retire to maintain your standard of living?

B. 70 percent

7. With early detection, colon cancer is almost always treatable.

—True

8. Women should get regular colon cancer screenings starting at age 30.

—False (Screenings should start at age 50 unless your healthcare provider suggests otherwise.)

9. Self-treatment is NOT recommended if your fever is above what temperature?

D. 101.5 degrees

10. Excessive intake of acetaminophen can cause liver damage.

—True