

Monthly Quiz

Test Your Knowledge on a Variety of Wellness Topics

Better Safe

1. Heart Rate Monitors can tell you the number of calories burned in a workout. **T/F**
2. Over 75% of Americans select food for health reasons. **T/F**

Day In & Day Out

3. Candy bars can contain anywhere from 400-800 calories. **T/F**
4. Everyone loses muscle mass and strength as they age. **T/F**

Nickels & Dimes

5. E-Filing (filing your tax returns over the internet) is available for approximately 30% of tax payers in 2004. **T/F**
6. Experts estimate that you'll need what percentage of your current income when you retire to maintain your standard of living?
A. 50 percent B. 60 percent C. 70 percent D. 80 percent

To Your Health

7. With early detection, colon cancer is almost always treatable. **T/F**
8. Women should get regular colon cancer screenings starting at age 30. **T/F**
9. Self-treatment is NOT recommended if your fever is above what temperature?
A. 99.5 degrees B. 100 degrees C. 100.7 degrees D. 101.5 degrees
10. Excessive intake of acetaminophen can cause liver damage. **T/F**