



MONTHLY Quiz

TEST YOUR KNOWLEDGE ON A VARIETY OF WELLNESS TOPICS

- 1. Your top debt ratio – defined as your total estimated monthly housing expenses divided by your gross household income – should be less than _____.**
 - a. 15%
 - b. 25%
 - c. 35%
 - d. 70%
- 2. Some experts think that stress may cause 50% of all disease.**
 True False
- 3. On a typical workday, a person with a cluttered work area will spend an hour and a half looking for things or getting distracted.**
 True False
- 4. You should get your tires rotated about every 20,000 to 25,000 miles.**
 True False
- 5. The most important step you can take to successfully prepare your taxes is to _____.**
 - a. panic
 - b. get organized
 - c. hope everything turns out okay
 - d. hire a former Enron executive to prepare your taxes
- 6. When you laugh, your brain produces endorphins—natural chemicals which kill pain and make you feel great.**
 True False
- 7. Your primary prevention management activities should include healthy choices such as eating a well balanced diet, exercising, and managing your stress.**
 True False
- 8. When stretching, hold the stretch just below the pain threshold continuously for _____.**
 - a. 5 to 10 seconds
 - b. 15 to 30 seconds
 - c. 50-60 seconds
 - d. 30 minutes





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 True False (10,000 to 15,000 miles)
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