

Harker School Wellness Program

Test Questions for "Staying Healthy"

Employee Name _____

Prior to answering these questions, read "Staying Healthy" **in full**. Once you have completed the questions, sign and submit this form to HR in order for it to receive the 20 point credit.

1. What are three ways to deal with stress?

A. _____ B. _____

C. _____

2. A healthy diet should contain less than _____ grams of cholesterol.

3. What is a false hunger signal? (circle the best answer)

- a. Irritability or crankiness.
- b. Thirst.
- c. Hunger pangs, gnawing or a rumbling in your stomach.
- d. Weakness or fatigue.

4. The following questions are regarding BMI. If you didn't calculate your BMI yet, do so now.

- a. What does BMI stand for? _____
- b. What is the optimal BMI range for a healthy adult? _____
- c. Based on your BMI results did you identify any changes you should make in your lifestyle?
(Circle one) **Yes No**. If yes, list changes needed below. If no, go to next question.

5. Poor emotional health can weaken your immune system. Is this statement true or false? (Circle one)

True False

6. When calculating your heart rate (beats per minute), the correct calculation is? (circle the best answer or answers)

- a. Count your pulse for 5 seconds then multiply that number by 5.
- b. Count your pulse for 60 seconds.
- c. A doctor must calculate your heart rate.
- d. Count your pulse for 15 seconds then multiply that number by 4.

7. Are dietary changes recommended as a substitute for professional treatment of health problems? (Circle one) **Yes No**

8. List 3 items that are included on the nutrient label on packaged foods.

1. _____ 2. _____
3. _____

9. Stress and caffeine have no effect on your ability to get a good night's sleep (circle one)

True False

10. Before beginning your workout, you should? (circle the best answer or answers)

- a. Drink 24 ounces of water.
- b. Warm-up 5 – 10 minutes, then increase intensity.
- c. Nothing, just start your workout.
- d. Eat a small snack.

11. List two preventative care services recommended for your gender and two preventative services recommended for all adults.

1. _____ 2. _____
3. _____ 4. _____

12. What is the term for a food that is high in vitamins and minerals, while being low in calories?

13. After reading the material in this packet list the healthy habits/behaviors that you identified as areas you should work to improve on.

1. _____ 2. _____
3. _____ 4. _____

I, the employee named above, certify that I have read the Healthy Lifestyle handout in full prior to competing these questions.

Signature: _____ Date: _____

RETURN COMPLETED FORM TO HR BY DEC 5TH

Forms may be submitted via, email: hr@harker.org , fax: 408-553-5774, or inter-office mail to HR at Union.