

Employee Wellness Solutions Network

Healthy Lifestyle True or False?



Circle TRUE or FALSE for each of the following statements.

Question	Select	
1. If you have high LDL blood cholesterol, you are more likely to develop heart disease.	T	F
2. It's most important for men to have lower LDL and women to have higher HDL cholesterol levels.	T	F
3. A healthy BMI range is between 18.5 and 24.	T	F
4. Ingredients on a food label are listed from most to least.	T	F
5. A healthy alternative to oil, in a recipe, is applesauce.	T	F
6. Walking 30 mins all at once is just as effective as walking 10 mins three times during the day.	T	F
7. The recommended number of steps per day is 10,000 for optimal health benefits.	T	F
8. Eating protein, at each meal, helps control blood sugars and fatigue.	T	F
9. The risk of Osteoporosis can be lowered with resistance exercise.	T	F
10. Walnuts are an excellent source of Omega 3 fats.	T	F
11. Walking 30 mins/day = 15 lbs lost in a year.	T	F
12. 1 lb of body fat = 3500 calories	T	F

Answers: 11, 21, 31, 41, 51, 61, 71, 81, 91, 101, 111, 121

