

Healthy Lifestyle

True or False?

Circle TRUE or FALSE for each of the following statements.

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