

Fit to Read – 10 Studies to help shape your health – quiz

1. In Health Behavior and Policy Review, how many adults found a link between optimism and a healthy heart _____
2. Active is described as strenuous enough to induce sweating and what else?

3. Losing as little as 30 minutes sleep daily could have long-term _____ and _____ effects
4. What type of food does the study from the University of Michigan label as 'seriously addictive'?

5. How long should you strength train daily for less abdominal fat? _____
6. How much should you decrease your sedentary or sitting time in 12 hours? _____
7. Decrease risk of life-threatening conditions like depression, stroke and heart disease by doing what? _____
8. Brisk walking 20 minutes daily helps reduce risk of early death by how much? _____
9. True or false: a small amount of exercise daily could have substantial health benefits for people who are physically inactive. _____
10. Please provide a brief statement and tell us your experience with the article

Fit to Read is on a mission to educate, inspire, enlighten and change thoughts to healthier ones.

Read on!