



Strategies for Healthy Living Quiz

Name: _____

Member's last four digits of SS # _____

Phone number: _____

E-mail address: _____

Date completed: _____

(Please circle one answer)

- 1) Milk and dairy should be the only source of calcium in your diet.
True False

- 2) According to the Mediterranean diet pyramid, which category should you aim to consume in each meal?
A. Plant Based Foods (Fruit, Vegetables, Whole Grains)
B. Seafood
C. Meats, Sweets & Salts

- 3) Being dehydrated can deplete energy levels and influence your metabolism.
True False

- 4) What is the minimum amount of time that you should aim to exercise each day?
A. 15 Minutes
B. 1 Hour
C. 30 Minutes

- 5) Unplugging from your devices, especially before bedtime, can be a helpful stress management technique.
True False

After watching the video, answer the questions above and submit your completed quiz to TeamstersCare via wellness@teamsterscare.com or fax to **617-241-8168**.