



Wellness Buddy Wednesday Tip

Nutrition and Exercise Trivia

1. How many servings of fruits and vegetables should you eat each day?
 - a. 1 or 2
 - b. 3 or 4
 - c. 6 to 10
 - d. 15 to 20
2. You're late for work and don't have much time to eat breakfast, what's the best thing to do?
 - a. Grab a can of pop from the fridge and chug it on your way out the door
 - b. Skip breakfast and wait until break to have something to eat
 - c. Grab a granola bar and a banana and eat it on the way
 - d. Leave the house without eating, but hope you'll run into a co-worker who's got something in their lunch you can steal for breakfast
3. How often should you be doing some form of aerobic exercise each week?
 - a. Seven days a week for two hours at a time
 - b. Once a month for fifteen minutes at a time
 - c. At least three times a week for thirty minutes at a time
 - d. At least once a week for one hour at a time
4. Your aunt is over for the holidays and wants you to try some of her homemade chocolate cream pie. You're trying to lose weight but you don't want to be rude. What's probably the best thing to do?
 - a. Have three pieces to make your aunt happy.
 - b. Tell your aunt "No, thanks."
 - c. Have a small piece, then go for a walk after dinner to work it off.