

(7 answer question)

Name a reason people don't exercise

not enough time	28
not enough energy/too tired	20
safety issues	17
no childcare	11
weather	9
don't like it	8
health limitations	7

(8 answer question)

Name a stress reducing technique

deep breathing	24
exercise	19
stretching	15
visualization	12
re-frame	10
meditation	9
vacation	7
leave the situation	4

(8 answer question)

Name an aerobic exercise

walking	25
running	18
biking	15
swimming	12
skiing	11
dancing	9
hiking	7
aerobics (exercise classes)	3

(8 answer question)

Name a leafy green vegetable

spinach	20
lettuce	19
watercress	15
kale	13
swiss chard	10
collards	9
beet greens	8
mustard greens	6

(7 answer question)

Name a food that contains a high amount of saturated fat

butter	30
cheese	22
beef	16
luncheon meats	12
hot dogs	8
bacon	7
cream	5

(8 answer question)

Name a food with high in calcium

milk	29
yogurt	20
tofu	14
cheese	12
broccoli	10
spinach	7
rhubarb	5
sardines	3