

	HEART HEALTH	SLEEP	WAIST MANAGEMENT	HEADACHES	EXERCISE
10	Making sure to get 30 minutes of this activity per day lowers your risk for heart disease: <i>What is exercise?</i>	For a sound night's sleep, these items are worn to minimize car traffic and other unwanted noises: <i>What are earplugs?</i>	3-5 servings of this food group are recommended per day: <i>What is vegetable?</i>	This kind of roller coaster can leave you stressed, happy, blue, frustrated or an array of other feelings and is a major cause of headaches: <i>What is emotional?</i>	This form of exercise consists of continuous movement of large muscle groups: <i>What is Aerobic?</i>
20	Many Americans try to diet away this condition that significantly raises your risk of heart disease: <i>What is overweight?</i> (or obesity)	If you go to bed hungry or in contrast, after eating this size meal it will cause you to sleep poorly: <i>What is big ?</i>	This indigestible part of plants, when consumed, promotes good bowel function: <i>What is fiber?</i>	What your mother was referring to when she told you to "sit up straight" <i>What is your posture?</i>	This form of exercise tones flabby muscles, increases bone density and lowers your risk for osteoporosis: <i>What is weight bearing (lifting) or muscle strengthening?</i>
30	This unhealthy habit doubles your risk for heart disease: <i>What is cigarette smoking?</i>	This substance, consumed in the evening whether in a beverage or chocolate disturbs your sleep: <i>What is caffeine?</i>	This unit of measurement equals 3,500 calories: <i>What is a pound?</i>	If you have tension headaches caused by squinting throughout the day, you may need a new pair of these: <i>What are eyeglasses?</i>	This exercise activity can increase your flexibility and range of motion: <i>What is stretching?</i>
40	This risk factor for heart disease has to do with when you were born: <i>What is age?</i>	Sometimes referred to as a night cap, consuming this substance interferes with sleep: <i>What is alcohol?</i>	This meal is often referred to as the "most important meal of the day" <i>What is breakfast?</i>	This flavor enhancer, often used in Chinese food, has been known to trigger migraines: <i>What is MSG or Monosodium Glutamate?</i>	Neglecting to do this after exercise can cause pooling of blood in your extremities and sometimes even heart attacks: <i>What is a cool down?</i>
50	These blood fats are usually measured along with cholesterol levels: <i>What are triglycerides?</i>	Developing this type of pattern, such as brushing teeth, washing face or drinking warm milk before bed gears your mind up for sleep: <i>What is a bedtime ritual?</i>	This state of craving or having a taste for something usually occurs when real hunger is already satisfied. <i>What is appetite?</i>	Lack of this essential resting state can leave you fatigued and headachy: <i>What is sleep?</i>	This type of blood cholesterol can actually be raised by exercising: <i>What is HDL ?</i>

	ERGONOMICS	STRESS	CANCER	NUTRITION	WOMEN'S HEALTH
10	Whether you're standing or sitting, keeping any part of your body in this way for long periods reduces blood flow and tenses muscles: <i>What is poor position (or still)?</i>	The act of inhaling and exhaling fully to relieve stress: <i>What is deep breathing?</i>	Overexposure to this leads to the most common form of skin cancer: <i>What is the sun?</i>	Health experts agree that drinking 8 glasses a day of this liquid promotes good health: <i>What is water?</i>	The number one killer of American women: <i>What is Heart Disease?</i>
20	Pushing against a hard surface with too much of this can strain muscles increasing your risk of injury: <i>What is excessive force?</i>	This word is one that busy people who take on too much have a hard time saying to others: <i>What is NO?</i>	Changes such as enlargement, thickening or color in these small spots on the skin could mean cancer: <i>What are moles?</i>	This nutrient helps the body absorb calcium and is produced in the body in response to sunlight <i>What is vitamin D?</i>	This x-ray of the breast can detect cancers too small to be felt by a doctor, nurse or yourself: <i>What is a mammogram?</i>
30	This act of often making the same moves over and over again tenses and tires muscles: <i>What is frequent repetition?</i>	Words spoken inside your own head that can affect your mood and reaction to situations: <i>What is self talk?</i>	This behavior not only causes cancer and respiratory problems for the person doing it but for the people around them as well. <i>What is smoking?</i>	Nutritionally speaking, what the three letters RDA stand for: <i>What is Recommended Daily Allowance?</i>	Mood swings, irritability, depression, fatigue, headaches, and craving for sweets are a few of the symptoms associated with this monthly affliction of many women: <i>What is PMS?</i>
40	The angle in which your elbows should be bent while keyboarding on a computer: <i>What is 90 degrees?</i>	A goal stated in the present tense "as if" it were already true: <i>What is an Affirmation?</i>	These chemicals, which are used to preserve cured meats- such as bacon, hot dogs and sausages- have been found to promote cancers of the stomach and esophagus: <i>What are nitrates?</i>	Beta carotene, vitamin C and vitamin E are this type of compound that appear to protect against cancer and possibly other diseases as they neutralize free radicals in the body: <i>What are anti oxidants?</i>	The number one cancer killer for American women: <i>What is lung (cancer)?</i>
50	Reach, twist, grip and pinch. If you keep repeating the same movements, you may develop this group of illnesses commonly referred to as CTD's: <i>What are Cumulative Trauma Disorders?</i>	These two options describe the body's initial response to stress observed as early as caveman days: <i>What is Fight or Flight?</i>	The name for these types of vegetables- such as broccoli, kale, and Brussels sprouts that have been shown to be protective against certain forms of cancer: <i>What are cruciferous?</i>	These chemically altered fats, typically found in margarine, like saturated fats, raise cholesterol levels: <i>What are hydrogenated or trans fatty acids?</i>	Smoking, heavy alcohol or caffeine consumption, lack of exercise, and low calcium intake increase your risk of developing this disease: <i>What is osteoporosis?</i>

