WellPATH
Your Path to Better Health
Joint Health Management Board

MARCH: BEATING STRESS THROUGH BETTER NUTRITION
Health and Wellness Quiz
Deadline to Submit Quiz: Friday, March 29, 2013

Submit quiz to Rosalinda DiTommaso via email at *rosalinda.ditommaso@fresnounified.org* or by district mail, WellPATH Office, PAR Building. If you filled out the quiz online, you do not need to fill out this quiz.

All answers to the quiz can be found in March's Health and Wellness Article. Complete the quiz and you'll be entered into our raffle drawing for a chance to win a $25 gift card.

- Name:_____
  FIRST LAST
- PLEASE CHECK BOX: ☐ Employee Covered by District's Health Plan
  ☐ Employee Not Covered by District's Health Plan
- Email: _____
- Work Ph: _____
- School or District Worksite:_____

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1. Stress is a natural part of life but excessive stress can increase the risk of high blood pressure, heart disease and obesity over time.
   a) True
   b) False

2. When you are stressed, important nutrients will be used up much slower as the body kicks into its "fight or flight" response.
   a) True
   b) False

3. Stress can lead some people to crave (and eat) comfort foods, junk food, and highly processed foods which tends to promote the stress response even further.
   a) True
   b) False

4. By choosing certain foods, changing your eating habits and making more mindful nutritional decisions, you can reduce your stress and even reverse the harmful effects it has on the body.
   a) True
   b) False

5. Eating a healthy diet, rich in the nutrients that help keep moods up and stress down, can help you deal with the stress in your life.
   a) True
   b) False