

What's Your Wellness IQ?

Eight easy questions to test your seasonal wellness IQ.
Circle your answers, then total your score at the end.

Good luck!

- 1.** When I get a cold, I usually react by
 - a. pushing through it and continuing with my normal routine.
 - b. taking whatever cold medicine happens to be in the cabinet.
 - c. going to bed early, if possible.

- 2.** My doctor says I should get a flu shot every fall. My thoughts about this advice are:
 - a. "It's just a way for my doctor to charge me for another visit."
 - b. "It's a good idea, I guess. I'll go get one if I have time."
 - c. "I do try to get my family to the doctor every year, and I get one at work."

- 3.** I try to avoid getting sick in the winter by doing the following:
 - a. I try to dress warmly and always wear a coat.
 - b. I take a lot of vitamin C and exercise more often.
 - c. I wash my hands with soap every chance I get.

- 4.** I think antibiotics are:
 - a. the best way to get over the cold or flu.
 - b. something I should ask my doctor to give me if I'm feeling under the weather for more than a few days.
 - c. something I should take if prescribed by my doctor for a bacterial infection.

- 5.** If I am feeling stressed, I usually
 - a. treat myself to more snacks.
 - b. get through it as best I can. Worrying about stress only makes it worse.
 - c. try to make my schedule more manageable, even if it means turning people down when they ask me to do something.

6. I can catch a stomach bug

- a. from someone who is visibly sick.
- b. from surfaces like tables and desks.
- c. from all of the above.

7. I think a good night's sleep

- a. is overrated.
- b. puts me in a better mood, but doesn't impact my health all that much.
- c. can help keep me from getting sick this season.

8. When I cook over the holidays, I usually

- a. cook whatever I want.
- b. try not to cook too much because I'm tempted to eat it all myself.
- c. experiment with incorporating new lower-fat recipes and ingredients in my cooking.

Tally it up!

Count the number of answers in which you chose a, b or c and enter the totals in the spaces below:

_____ a _____ b _____ c

If you answered the most questions with:

- (a)** You may want to read the booklet before the season gets too far underway. You'll discover ways to soothe your stress and reduce your chances of getting sick. You'll also learn about some healthy, tasty additions to your menu.
- (b)** You know a thing or two about staying healthy this season. But it wouldn't hurt to learn a thing or two more. Read on to see how you can be healthier.
- (c)** Read through so you can nod and say to yourself, "I knew that!" And be sure to read the menu section. The tasty, healthy recipes will delight and surprise even an expert like you.