**Module 6: Personal Health**

**1. Personal health and fitness:**

a. Are a person’s personal business, alone, and have nothing to do with the employer

**b. Are important to employers because you are part of their organization**

c. Are a lot less important than someone’s age

d. Are issues that should only be dealt with outside of regular business hours

**2. A good way to determine the state of one’s own physical health is to:**

**a. Complete a health assessment**

b. Ask the opinion of a close friend or family member who knows you very well

c. Regularly check your heart rate and blood pressure at one of those self-monitors at the mall or elsewhere

d. If you are under 36 years of age it’s not even a consideration

e. All of the above

f. None of the above

**3. When considering whether a person is in good health, the criteria used for that determination is often limited to:**

**a.** **A person’s physical health**

b. A person’s mental health

c. A person’s financial health

d. a & b

e. All of the above

f. None of the above

**4. There can be multiple sources of anxiety and stress in a person’s life. Which of the following, if any, can be reduced or eliminated by proper planning, good communication, or proper time management:**

a. Financial stress due to a person trying hard to make ends meet

b. On-the-job stress due to deadlines and deliverables

c. Relationship stress due to conflict – either personal or professional

**d. All of the above**

e. None of the above

**5. Healthy diets are important to our wellbeing. Variables that affect our choice of diet may include:**

a. The type of job we have

b. How active we are

c. Our age

d. a & b

**e. All of the above**

f. None of the above