



MAN UP

Circle the correct answer then place your completed quiz in the
Suggestion Box by 25 September 2015

Staying active is the most powerful way to remain healthy.

True / False

Exercise doesn't keep your heart and lungs working efficiently.

True / False

As we get older, levels of bad cholesterol (low-density lipoprotein, LDL) gradually increase.
Levels of good cholesterol (high-density lipoprotein, HDL), tend to fall.

True / False

As blood pressure climbs, the risk of heart disease and stroke accelerates.

True / False

An active life means a healthier life.

True / False

FULL NAME: _____

TELEPHONE _____