



HealthMates
Fitness Centre

October MONTHLY QUIZ

10 TIPS FOR THE 10TH MONTH

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

I should drink water instead of eating to lose weight

True / False

Vitamin B helps the body convert Calcium

True / False

We require sleep to recharge and recover

True / False

I should eat breakfast everyday, unless I'm in a rush

True / False

I should eat only green vegetables to achieve optimal health

True / False

FULL NAME: _____

TELEPHONE _____