

## Healthy Living Quiz

What is the recommended daily intake of fruits and vegetables for adults?

- a) 2 servings
- b) 5 servings
- c) 8 servings
- d) 10 servings

How many minutes of moderate-intensity aerobic exercise is recommended per week for adults, according to health guidelines?

- a) 30 minutes
- b) 60 minutes
- c) 90 minutes
- d) 120 minutes

What is the approximate daily water intake recommendation for an average adult?

- a) 1 liter
- b) 2 liters
- c) 3 liters
- d) 4 liters

How many hours of sleep per night is generally recommended for adults to maintain good health?

- a) 4-5 hours
- b) 6-7 hours
- c) 8-9 hours
- d) 10-11 hours

Which of the following activities is not typically recommended for managing stress?

- a) Meditation
- b) High-intensity workouts
- c) Deep breathing exercises
- d) Excessive caffeine consumption

# Health And Wellness For Life Chapter Answers

**RM Cervero**



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