



PC Conditioning

Personal Training for all Levels

Summer 2007 Wellness Quiz

Directions: Select the best answer for each response. After completing the quiz, check your answers on page 2 of the document. Good luck, don't cheat, and let me know how you did!

1. Which types of fats are the healthiest for your body?
 - a) Unsaturated
 - b) Saturated
 - c) Trans Fats
2. Which type of cholesterol is often referred to as your "good" cholesterol?
 - a) LDL (Low Density Lipoprotein)
 - b) HDL (High Density Lipoprotein)
 - c) Triglycerides
3. The optimum way to improve the appearance of one's mid-section is to
 - a) Eat more carrots
 - b) Do more crunches
 - c) Combine proper nutrition, cardiovascular exercise and core exercises
4. What is the longest *skeletal* muscle in the body?
 - a) Gastrocnemius (calf muscle)
 - b) Sartorius (thigh muscle)
 - c) Latissimus dorsi (back muscle)
5. Which of the following activities does not improve bone mineral density?
 - a) Strength training
 - b) Walking
 - c) Swimming

Answers to Summer, 2007 Wellness Quiz

1. a
2. b
3. c
4. b
5. c

Paul Connolly, President and Founder of PC Conditioning, is a National Strength and Conditioning Association Certified Personal Trainer (NSCA-CPT) based in Watertown, MA



About the Author

Certified through the National Strength and Conditioning Association as a personal trainer (NSCA-CPT), Paul possesses a degree in Exercise Science with a background in anatomy & physiology, human performance, and nutrition. He has been involved in the fitness industry since 2003 and has contributed to local and national media publications as a featured health and wellness columnist. The founder of suburban Boston-based personal training consulting service PC Conditioning (<http://www.pconditioning.com>), Paul is an advocate of strength training for all ages and enjoys working with fitness enthusiasts of all levels. His diverse clientele includes high school and collegiate athletes, stay-at-home Moms, corporate 9-5ers, brides-to be, and seniors. Adult AED and CPR-certified, Paul is available by appointment only. He can be reached via e-mail at paul@pconditioning.com.

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