

# Wellness Practice Test Questions and Answers

## 1. What is wellness?

- A) A feeling of nervousness and unease
- B) An overall state of well being
- C) Good nutrition and exercise
- D) Mental/Emotional, Social and Physical health

## 2. What is 'VO2 max'?

- A) The maximum rate at which the body can consume oxygen during intense exercise
- B) The minimum oxygen level needed for survival
- C) The total lung capacity
- D) The amount of CO2 exhaled per breath

## 3. What is 'sleep debt'?

- A) The cumulative effect of not getting enough sleep over time
- B) Money owed for sleeping aids or medical sleep studies
- C) The extra sleep needed after illness only
- D) The difference between weekday and weekend sleep

## 4. What does BMI stand for?

- A) Body Mass Index
- B) Basic Metabolic Indicator
- C) Body Muscle Index
- D) Basal Movement Index

**Answers: 1-B 2-A 3-A 4-A**

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