

S.A.N.D.R.I.A

Healthy Living Made Simple

Listening to Your Body Quiz

Learn about common body signs, wellbeing awareness, and why regular medical check-ups and early support matter.

Quiz Questions

Q1. Why is it important to notice changes in your body?

- A. To ignore symptoms
- B. To seek advice if needed
- C. To avoid doctors
- D. To self-diagnose everything

Q2. Persistent tiredness may be a sign that:

- A. Your body may need attention or support
- B. Sleep is never important
- C. Water should be avoided
- D. Exercise should stop completely

Q3. Why are regular health check-ups important?

- A. They help monitor overall health
- B. They replace healthy eating
- C. They stop all illnesses instantly
- D. They remove the need for exercise

Q4. If you notice unusual pain that does not go away, you should:

- A. Ignore it completely
- B. Wait forever
- C. Speak with a healthcare professional
- D. Avoid rest

Q5. Why is hydration important for wellbeing?

- A. It supports body functions
- B. It replaces sleep
- C. It removes the need for food
- D. It increases stress

Q6. Sudden unexplained weight changes should:

- A. Always be ignored
- B. Be discussed with a doctor if concerning
- C. Replace healthy habits
- D. Prevent movement

Q7. What can regular movement help support?

- A. Energy and wellbeing
- B. Dehydration

- C. Stress eating
- D. Poor sleep

Q8. If you notice changes in appetite or thirst, it may help to:

- A. Ignore the changes
- B. Avoid drinking water
- C. Get professional advice
- D. Skip meals

Q9. Why is early medical advice important?

- A. It may help identify issues sooner
- B. It causes more stress only
- C. It replaces healthy living
- D. It removes the need for rest

Q10. What is a healthy approach to wellbeing?

- A. Listening to your body and seeking support when needed
- B. Ignoring symptoms
- C. Avoiding doctors completely
- D. Skipping sleep and meals

Q11. Changes in sleep patterns may sometimes indicate:

- A. Your body may need attention
- B. Water is unhealthy
- C. Vegetables should be avoided
- D. Exercise is harmful

Q12. Which habit best supports prevention and wellbeing?

- A. Balanced nutrition, movement, rest, and check-ups
- B. Sugary drinks all day
- C. Ignoring symptoms
- D. Sleeping very little

Answer Key

- 1. B
- 2. A
- 3. A
- 4. C
- 5. A
- 6. B
- 7. A
- 8. C
- 9. A
- 10. A
- 11. A

12. A