

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

Q2. Persistent tiredness may be a sign that:

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

Q3. Why are regular health check-ups important?

- A. They stop all illnesses instantly
- B. They replace healthy eating
- C. They help monitor overall health
- 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. Avoid rest
- D. Speak with a healthcare professional

Q5. Why is hydration important for wellbeing?

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

Q6. Sudden unexplained weight changes should:

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

Q7. What can regular movement help support?

- A. Stress eating
- B. Poor sleep

- C. Dehydration
- D. Energy and wellbeing

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

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

Q9. Why is early medical advice important?

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

Q10. What is a healthy approach to wellbeing?

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

Q11. Changes in sleep patterns may sometimes indicate:

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

Q12. Which habit best supports prevention and wellbeing?

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

Answer Key

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

