

Module 3, Lesson 3 Quiz:
Physiological Changes with Aging

1. A big change that happens to the heart with age is:
 - a. A loss of efficiency
 - b. A loss of elasticity to arteries**
 - c. A reduction in heart rate at rest
 - d. A reduction in oxygen circulation

2. If there is not enough _____ in your blood, your body will take it from skeletal reserves.
 - a. Sodium
 - b. Potassium
 - c. Calcium**
 - d. Vitamin K

3. In order to prevent losses in the muscles and bones as we age, it is recommended that we focus on:
 - a. Weight-bearing activities**
 - b. Cardio
 - c. Diet
 - d. Supplementation

4. Changes to the digestive tract are common with aging. Which of these symptoms is not common in elderly people?
 - a. Change in taste
 - b. Constipation
 - c. Decreased absorption of some nutrients
 - d. Appetite stimulation**

5. Elderly people have better health outcomes if:
 - a. They are a little underweight
 - b. They have a little more weight**
 - c. They maintain their younger weight
 - d. They eat 5 x a day