

Module 8, Lesson 2 Quiz:
Weight & Menstruation

1. Menstrual cycles are usually the most consistent and shortest:
 - a. In the teens
 - b. In the 20's
 - c. In the 30's**
 - d. In the 60's

2. Too little body fat may be linked to decreased hormones and a condition where women lose their menses, called:
 - a. Amenorrhea**
 - b. Menopause
 - c. Ovulation
 - d. Anorexia

3. Loss of menses may have serious side effects, including:
 - a. Headache
 - b. Stunted growth
 - c. Constipation
 - d. All of the above**

4. Carrying too much weight is also linked to hormonal imbalance and can cause which of the following?
 - a. Infertility
 - b. Irregular periods
 - c. Shorter periods
 - d. A & B**