

Module 8, Lesson 5 Quiz:

Menopause

1. There is pretty good research that _____ is a supplement that offers relief of menopause symptoms.
 - a. Matcha
 - b. Maca**
 - c. Echinacea
 - d. St. John's Wort

2. Before sending your client to the doctor to see if she's a candidate for antidepressants to relieve her menopause, you should make sure she is:
 - a. Hydrated and drinking a lot of water**
 - b. Managing her stress and doing meditations
 - c. Avoiding processed foods and sugar
 - d. Exercising vigorously every day

3. What kind of exercise is most important for women as they age and go through menopause?
 - a. Vigorous daily exercise
 - b. Cardio for at least an hour
 - c. Weight-bearing exercises**
 - d. Group classes

4. Weight gain goes hand and hand with menopause and is inevitable because:
 - a. Hormonal changes make it impossible to maintain a lower weight
 - b. Shifts in body fat towards the abdomen is linked to survival
 - c. The extra weight is cardioprotective and essential to immunity
 - d. Actually, weight gain is not inevitable, it just requires extra attention**