1. Heart disease and stroke are 2 of the top killers among both women and men in the U.S.
   - True
   - False

2. Treatment for sepsis is most successful if the condition is spotted early and then treated quickly with ________________ to fight the infection and fluids to maintain blood pressure.
   - a. a vaccine
   - b. antibiotics
   - c. a breathing treatment

3. Over the course of a physical activity study—an average of 2.6 years—a physical activity program significantly reduced the risk of major ________________ by 18% compared to the education group.
   - a. asthma
   - b. heart disease
   - c. mobility disability

4. You can always use massage to replace your regular medical care or as a reason to postpone seeing a health care professional.
   - True
   - False

5. Many don’t know that women often have different heart attack symptoms than men. For instance, instead of having chest pain during a heart attack, women may feel extremely ________________ or have indigestion and nausea.
   - a. exhausted and fatigued
   - b. alert
   - c. jittery

6. Experts now know that sepsis actually springs from 2 factors:
   - a. an infection and then a powerful and harmful response by your body’s own immune system
   - b. a virus and then a stroke
   - c. a poor diet and physical inactivity

7. In a physical activity study, physical activity participants were better able to maintain their ability to walk without assistance for about a quarter of a mile.
   - True
   - False

8. A recent study looked at how massage affects muscles at the molecular level. The findings suggest that kneading eases sore muscles after exercise by turning off genes associated with ________________ and turning on genes that help muscles heal.
   - a. inflammation
   - b. weight gain
   - c. muscle atrophy