1. Researchers now know that all depression is equal, and that different people can use the same approaches to get better.
   - True
   - False

2. The lower, or lumbar spine is a complex structure mad up of powerful ________, ligaments, bones, and joints.
   - muscles
   - blood
   - plasma

3. If you are overweight and inactive, you may be more likely to develop
   - certain forms of cancer
   - heart disease
   - high blood pressure
   - stroke
   - type 2 diabetes (high blood sugar)
   - all of the above

4. You should hold hot foods (on a table, buffet, etc) at 140 °F or warmer.
   - True
   - False

5. Depression takes a physical toll that doctors can measure.
   - True
   - False

6. Keeping your back healthy is the best way to prevent low back injury. You can:
   - Lift objects too heavy for you.
   - Do regular, low-impact exercises like walking, swimming, or stationary bike riding 30 minutes a day to increase muscle strength and flexibility.
   - Practice good posture.
   - b and c

7. Most people need to see their health care provider before getting physically active.
   - True
   - False

8. You should throw any food that has been out at room temperature for ________ or more.
   - four hours
   - two hours
   - 60 minutes
   - three hours