

Fit to Read Quiz with answers – Live Healthy - Your body on the clock

1. What does architect Carolyn Rickard-Brideau study? \_\_\_\_\_
2. Leading experts explore how many dangers of 21<sup>st</sup> century office job? \_\_\_\_\_
3. Fluorescent lighting (CFL) has tiny cracks in its coating that allows the bulbs to emit \_\_\_\_\_ which can damage epidermal cells at close range
4. What light type is recommended to brighten your office space? \_\_\_\_\_
5. What percentage of women say their stress is on the rise? \_\_\_\_\_
6. This is viewed as chronic stress: raises heart rate, blood pressure and \_\_\_\_\_
7. Whenever you hit a wall, take a breather in a quiet spot with a pretty view. What is this called?  
\_\_\_\_\_
8. A Japanese study about office workers in front of computers most of the day experienced which symptom of dry eye? \_\_\_\_\_
9. What is the 20/20/20 rule? \_\_\_\_\_
10. Please provide a brief statement and tell us your experience with the article

Fit to Read is on a mission to educate, inspire, enlighten and change thoughts to healthier ones.

Read on!