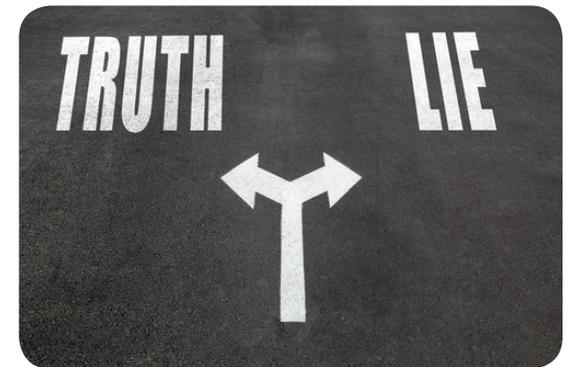


Two Truths and a Lie: Can you tell the difference?

Perhaps you've played this game around the campfire: People take turns stating three "facts" about themselves, and others in the group choose which of the three "facts" is false.

For this version of Two Truths and a Lie, refer to the information about women's health found in this month's LivingRight bulletin and the article about exercise. Identify and circle the false statements, then check your answers against the answer key on page 3. How did you do?

1.
 - a. Eating slowly helps your body recognize when you're full.
 - b. Sleeping only a few hours each night helps curb a woman's appetite.
 - c. Overeating can be related to activity in the reward region of the brain.
2.
 - a. Skipping breakfast each day lowers daily calorie consumption and leads to weight loss.
 - b. Eating breakfast can keep you from overeating later in the day.
 - c. A healthy breakfast can include eggs and whole grain toast.
3.
 - a. Foods high in saturated and trans fats are part of a heart-healthy diet.
 - b. Filling half your plate with fruits and vegetables is part of a heart-healthy diet.
 - c. Whole grains are part of a heart-healthy diet.
4.
 - a. Heart disease is the leading cause of death among women.
 - b. In 2014, more women died of Alzheimer's disease than diabetes.
 - c. About 10 percent of women's deaths in 2014 were due to cancer.



5. When women reach certain ages, the Centers for Disease Control and Prevention (CDC) recommends screening for:
 - a. Liver cancer
 - b. Colon cancer
 - c. Breast cancer

6.
 - a. Gestational diabetes is a type of high blood sugar that occurs only during pregnancy.
 - b. A woman who has had gestational diabetes is certain to get heart disease later in life.
 - c. Many women with gestational diabetes later develop type 2 diabetes.

7.
 - a. One option for meeting CDC exercise recommendations is to participate in 150 minutes of moderate-intensity activity each week.
 - b. One option for meeting CDC exercise recommendations is to participate in 75 minutes of vigorous-intensity activity each week.
 - c. The CDC does not recommend that people engage in physical activity each week.

8.
 - a. Women who use birth control pills are at greater risk of heart disease if they smoke.
 - b. Smoking damages the heart and blood vessels.
 - c. A person who quits smoking does not decrease the risk of having a heart attack.

9.
 - a. Parking in the far corner of the parking lot can help you work more movement into your day.
 - b. Taking a 20-minute walk at lunchtime doesn't burn enough calories to be worth the effort.
 - c. Getting seven to nine hours of sleep each night can help you resist food cravings.

10.
 - a. It's better to have an intense workout rather than an enjoyable one.
 - b. It's better to have an enjoyable workout rather than an intense one.
 - c. Looking at exercise as a way to renew and reenergize can help women look forward to it.

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Answer Key

The following are **not** true:

1. b. Sleeping only a few hours each night helps curb a woman's appetite.
2. a. Skipping breakfast each day lowers daily calorie consumption and leads to weight loss.
3. a. Foods high in saturated and trans fats are part of a heart-healthy diet.
4. c. About 10 percent of women's deaths in 2014 were due to cancer.
5. a. Liver cancer
6. b. A woman who has had gestational diabetes is certain to get heart disease later in life.
7. c. The CDC does not recommend that people engage in physical activity each week.
8. c. A person who quits smoking does not decrease the risk of having a heart attack.
9. b. Taking a 20-minute walk at lunchtime doesn't burn enough calories to be worth the effort.
10. a. It's better to have an intense workout rather than an enjoyable one.

