

Health and Wellness: Multiple Choice

Instructions: Listen to the conversation. Choose the correct option based on the information.

1. What has been the primary result of Elena's new strength training program at the gym?

- A) Significant increase in her overall energy levels
- B) Better understanding of organic meal preparation
- C) Higher levels of flexibility from daily stretching
- D) Reduced pressure to hit new personal gym records

2. Marco decided to move away from heavy cardio exercises because he wanted to focus on:

- A) Improving his hydration and his digestive health
- B) Building a positive mindset through weightlifting
- C) Finding better ways to handle his personal stress
- D) Learning how to count his daily calorie averages

3. According to Elena, what is a major benefit of the discipline required for weightlifting?

- A) It teaches you how to cook more fresh ingredients
- B) It builds a mindset that helps in other areas
- C) It allows you to eat processed food more often
- D) It eliminates the need for any mental reflection

4. Marco believes that a balanced diet consisting of whole foods is highly effective for:

- A) Increasing the intensity of heavy gym sessions
- B) Supporting the strength of the immune system
- C) Reducing the time spent on daily meditation
- D) Helping people avoid all forms of physical activity

5. What does Elena admit about her current approach to nutrition and daily meal prep?

- A) She forgets to include enough protein for fuel
- B) She spends too much money on organic products
- C) She finds her current routine a bit repetitive
- D) She struggles to find time for any hydration

6. Regarding food intake, Marco suggests that "self-awareness" is more effective than:

- A) Utilizing strict methods of portion counting
- B) Following a specific yoga or meditation routine
- C) Drinking water before every single daily meal
- D) Eating natural foods until the body feels full

7. Elena considers adopting Marco's mindfulness techniques primarily to help her avoid:

- A) Spending too much money on a private gym coach
- B) The risk of experiencing physical or mental burnout
- C) Having to change her focus on protein and carbs
- D) Learning new things about vitamins and minerals

8. Marco and Elena both agree that the concept of wellness should be viewed as:

- A) A goal that is only reached through heavy lifting
- B) A practice that requires very strict meal timing
- C) Something that is not a "one size fits all" idea
- D) Something only achieved by doing yoga at home

9. What does Marco propose as a "middle ground" for their meeting next weekend?

- A) A yoga session followed by a very healthy lunch
- B) A long cardio run followed by a protein shake
- C) A weightlifting class followed by meditation
- D) A grocery shopping trip for organic vegetables

10. What is the ultimate shared goal that both Marco and Elena are looking for?

- A) Higher levels of happiness and productivity
- B) The ability to hit new personal gym records
- C) A way to eliminate the need for any sleep
- D) More time to spend on social media platforms