

## Making the Connection by Bob Greene

### Test Two

1. Oprah writes, Glenda, the Good Witch in the Wizard of Oz told Dorothy “You always had it. You always had the power.” Oprah feels that the real secret is within you. How many steps does Bob Greene feel need to be taken to bring you home to yourself?
  - a. Five
  - b. Ten
  - c. Three
  - d. Twelve
2. As far as consuming alcohol, the best way to proceed is to:
  - a. Consume very little
  - b. If you have worked out, have one drink
  - c. Limit or eliminate alcohol
  - d. Drink only after exercising
3. The zone you should exercise in is:
  - a. Level 6 or 7
  - b. Level 7 or 8
  - c. Level 8 or 9
  - d. Level 5 or 6
4. The very first step is to exercise aerobically how many days a week?
  - a. 2 to 3
  - b. 3 to 4
  - c. 5 to 7
  - d. 4 to 6
5. Exercising aerobically means what?
  - a. Exercising with intensity
  - b. Starting out slowly
  - c. Exercising using increased oxygen
  - d. Using weights
6. Bob determined that Oprah used food:
  - a. As a coping mechanism
  - b. To comfort her for sad childhood memories
  - c. A way to connect with friends and associates
  - d. To keep her heavy and avoid intimacy

7. Bob Greene met Oprah in the summer of what year?
  - a. 1992
  - b. 1993
  - c. 1994
  - d. 1991
8. Before meeting Bob, Oprah had lost 67 pounds using which Diet?
  - a. Nutrisystem
  - b. Optifast
  - c. Weight Watchers
  - d. Jenny Craig
9. Oprah states in this book, “All of Bob’s information has helped me change the physical me. The biggest change I’ve made is \_\_\_\_\_.”
  - a. A spiritual change
  - b. An emotional breakthrough
  - c. A mental commitment
  - d. An automatic response to overeating
10. When Bob was introduced to Oprah:
  - a. She shook his hand violently and was aggressive
  - b. She was shy and spoke quietly during the introduction
  - c. She avoided eye contact with him
  - d. She seemed arrogant and aloof as if not wanting to meet him
11. The average percentage of body fat for women that Bob recommends is:
  - a. Between 15 and 20 percent
  - b. Between 10 and 15 percent
  - c. Between 20 and 30 percent
  - d. Between 15 and 25 percent
12. To make weight training a more aerobic exercise, the concept of \_\_\_\_\_ became popular a number of years ago.
  - a. Stair stepping
  - b. Circuit weight training
  - c. Biofeedback
  - d. Aerobic enzyme testing
13. Which of the following is **not** part of the proper technique for aerobic walking?
  - a. Use good posture
  - b. 90 degree arm swing
  - c. Breathing through your nose
  - d. Chest out

14. What is it that regulates the amount of fat your body stores?
- Set point
  - Heredity
  - Age
  - Gender
15. The type of aerobics that Bob Greene does not recommend is:
- Boxing Aerobics
  - Jazzercise
  - Cardiofunk
  - Water aerobics
16. Which of the following activities is not indicated to be the best choice for your alternate activity?
- Outdoor cycling
  - Cross country skiing
  - Swimming
  - Playing tennis
17. You get the most out of your stretching by holding each stretch for how long?
- 15 seconds to 2 minutes
  - 30 seconds to one minute
  - 30 seconds to 45 seconds
  - 1 full minute
18. Bob Greene prefers a method that involves holding each stretch for:
- 1-4 seconds, relaxing 2-6 seconds and again stretching for 1-4 seconds
  - 5-10 seconds, relaxing 5-10 seconds and stretching 5-10 seconds
  - 1-4 seconds, relaxing 1-4 seconds and stretching 1-4 seconds
  - 5-10 seconds, relaxing 10-20 seconds and stretching 5-10 seconds
19. While learning to rate your level of exercise, ask yourself frequently:
- Am I breathing hard enough?
  - Am I in the zone?
  - How hard am I working?
  - Am I drinking enough water?
20. At each meal, get into the habit of asking yourself:
- Have I eaten my daily allowance of vegetables?
  - Am I fully satisfied?
  - Have I had enough protein today?
  - Has my meal included fiber?