

Cardiac Rehabilitation Program

CARDIAC REHAB QUIZ

Name: _____

Pre Post

Date: _____

Please circle the best answer for each question. There is only one response for each question.

1. Which of the following is/are risk factors for heart disease?

- A. Smoking
- B. High blood cholesterol
- C. High blood pressure
- D. All of the above

2. Diabetes is a risk factor for heart disease.

True or False

3. Which of the following foods is/are high in saturated fat?

- A. Butter
- B. Prime rib of beef
- C. Whole milk
- D. All of the above

4. Which of the following activities is/are recommended to improve the health of your heart and lungs?

- A. Bowling
- B. Golf
- C. Walking
- D. All of the above

5. You should exercise at least:

- A. Five times a week for 30 minutes
- B. Twice a week for 10 minutes
- C. Once a week for 15 minutes
- D. Seven days a week for one hour

6. If you miss a dose of your medication you should take twice as much at the next scheduled time.

True or False

7. If you take nitroglycerin for angina, the maximum amount recommended before you should call 911 is:

- A. Up to 3 of them, five minutes apart
- B. Up to 5 of them in a half an hour
- C. As many as you need to get rid of the pain
- D. None of the above

8. If you had bypass surgery, the average length of time bypass grafts are good for is:

- A. 5 years
- B. 10-15 years
- C. Forever
- D. 6 months

9. Which of the following are possible symptoms of angina?

- A. Pain, pressure, or tightness in the chest
- B. Arm pain
- C. Jaw pain
- D. Indigestion
- E. All of the above

- 10. Which of the following foods is/are high in sodium?**
- A. Soy sauce
 - B. Canned soups
 - C. Turkey hot dogs
 - D. All of the above
- 11. Sit-ups will help you get rid of a fat belly.** True or False
- 12. Strength training (using weights) is OK for heart patients.** True or False
- 13. Pulse rate is a measure of how fast your heart is beating.** True or False
- 14. Lack of exercise is a risk factor for heart disease.** True or False
- 15. It's OK if you don't warm up or cool down with exercise.** True or False
- 16. If you experience mild chest discomfort during exercise, you should:**
- A. Slow down and stop if it doesn't go away within 2 to 3 minutes.
 - B. Continue exercising and slow down only if the discomfort gets worse.
 - B. Slow down and stop if it doesn't go away within 10 to 15 minutes.
 - C. Keep exercising and work through the symptoms.
- 17. What is the best way for persons with heart disease to cool down after exercise?**
- A. Take a cold shower.
 - B. Stop exercising and lay flat on their back.
 - C. Gradually slow down in order to allow their heart rate to return to near resting values.
 - D. Sit in a chair and watch TV.
- 18. To avoid dehydration when working out on hot and humid days, you should:**
- A. Drink a cup of water every 5 minutes during exercise.
 - B. Drink a cup of water every 20 minutes during exercise.
 - C. Drink a cup of water every 60 minutes during exercise.
 - D. Drink a cup of water every day when you exercise.
- 19. Which of the following are the signs of over-exertion (over-doing it?)**
- A. Extreme shortness of breath
 - B. Feeling dizzy
 - C. Excessive fatigue
 - D. All of the above
- 20. A key factor for cold-weather workouts is to:**
- A. Wear thick clothing.
 - B. Wear a good pair of shoes.
 - C. Wear multiple layers of clothing.
 - D. You cannot exercise in the cold.