

**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.