

Myth or Fact?

1. _____ Eating oily fish will boost your brain power and eating carrots will improve your eyesight.
2. _____ If women exercise too long or too hard, their uteruses will drop and they will not be able to have children.
3. _____ Not getting enough sleep is equivalent to being drunk in terms of your ability to think and focus.
4. _____ I can wait 3 years in between pap smears.
5. _____ Women cannot be trusted to make rational decisions when they are menstruating.
6. _____ Grain products such as bread, pasta, and rice are the devil for your diet.
7. _____ Caffeine can be good for your health.
8. _____ The transition to menopause typically occurs over 3 months and symptoms can be controlled by eating more soy.
9. _____ Women Veterans suffer more from chronic pain than men because they are weaker.
10. _____ Stress makes pain worse.
11. _____ Having a drink before bed will help you sleep better.
12. _____ Physical activity is a natural method for reducing anxiety and depression.
13. _____ I have to exercise for at least 30 minutes for it to count.
14. _____ No matter what the Surgeon General says, smoking is cool.

