What type of hernia occurs in the vertebral column?

a) Disc [CORRECT]

b) Hiatus

c) Liver

Which of these hernias is not real?

a) diphthong hernia [CORRECT]

b) hiatus hernia

c) umbilical hernia

What weight is the maximum recommended to carry in the backpack?

a) 10% of the student's weight [CORRECT]

b) 30% of the student's weight

c) 21% of the student's weight

How many vertebrae are there in the column?

a) 23

b) 24 [CORRECT]

c) 25

How is the angle you make when sit properly in the chair?

a) 45 °

b) 90 ° [CORRECT]

c) 150 °

What is important to bend down well?

a) Flex your ankles

b) Flex your elbows

c) Flex your knees [CORRECT]

How should one be when standing?

a) A little hunched over (CORRECT)

b) With a straight back

c) With your back back

What is the best sleeping posture?

a) On the side [CORRECT]

b) Face down

c) Face up

What is the best posture to be in front of the computer?

a) Higher than the head

b) At head height [CORRECT]

c) Lower than the head

What is the healthiest way to read a book?

a) with natural light

b) with artificial light [CORRECT]

c) without light