

## True or False: How Well Do You Know Your Health?

Written by Gina Vitale | September 1, 2026

Constantly scanning health and wellness posts, blogs, and articles to figure out what's best for your health can feel like trying to navigate a corn maze blindfolded while being timed. Today: "this thing is the best way to optimize your health", but then tomorrow, "no, THIS is the best way..." It can be confusing but finding answers that support your health and wellbeing is important.

The process of evidence-based science and medicine is based on asking questions, searching for answers, and then learning answers later. Experts learn new ways to treat and manage conditions and better methods of prevention through research studies. So, information that seems conflicting may be, but not in the way you think—it may be that scientists learned another method works better than the last one, which wasn't wrong necessarily; it was based on the data they had at the time.

Now that we've laid the groundwork for understanding the answers, let's play a game to see how well you think you know your health. Don't stress! You're not being graded or judged. This will hopefully help you make healthier, more informed decisions.

### Pop Quiz Health Edition: True or False

1. You need to drink at least eight glasses of water every day to stay properly hydrated.

**False.**

While proper hydration is necessary for optimal health and well-being, people have different needs depending on their age, activity level, body size, climate, and health status. Sometimes water alone doesn't cut it. If you've been exercising in hot weather, you likely need electrolytes to balance the water and mineral loss from sweating. Also, spoiler alert: certain foods can help hydrate you too, such as fruits, veggies, and soup. Your body will tell you if you're not hydrating adequately. Signs of dehydration may include dry mouth or skin, feeling tired or weak, darker colored urine, headaches, or lightheadedness.

2. You can make up for a week of poor sleep by sleeping in on the weekend.

**False.**

While napping and resting on the weekend can help you recover somewhat, you won't fully recover from reduced brain function and poor mood. 2 days of extra sleep cannot undo the health effects of 5 days of reduced sleep. Chronic sleep deprivation, lasting for several weeks or months, causes harmful physical and mental health effects. Your heart, metabolic, brain, and emotional health can all be damaged by prolonged lack of sleep. We all lose sleep once in a while, but getting yourself on a sleep schedule is ideal for your short- and long-term health.

3. Sitting for long periods every day poses health risks, even if you exercise regularly.

**True.**

If you sit for 8+ hours every day but work out regularly, you're still (unfortunately) leading an overall sedentary lifestyle. The phrase "active couch potato" refers to limited physical activity other than specific workout times. You may get in your recommended 150 minutes of physical activity per week, but if you're sitting on your bucket the rest of the time, you could be harming your overall health. Sedentary lifestyles are associated with increased risk for cardiovascular (hypertension) and metabolic (diabetes) diseases. Aim for more movement throughout the day, in addition to regular workouts. Try to avoid sitting longer than 30-60 minutes at a time; even getting up and moving for 2-5 minutes several times a day helps toward your combined total daily movement.

4. Chronic stress can significantly impact your body's immune system and increase inflammation.

**True.**

Your body is built to handle short-term stress. Your response literally helps you evade danger. However, chronic stress provokes prolonged responses within your body systems that, over time, have negative health effects. Sustained elevated stress levels cause reactions in your body that alter your natural inflammatory response. The cellular materials and messengers that manage inflammation and immune function become unbalanced after prolonged heightened stress. Under normal circumstances, these cellular factors are helpful and part of the healing process, managing immune function, infections and injury. However, under long-term heightened conditions, these processes are no longer controlled, resulting in higher infection rates, flaring up of autoimmune conditions, and later affecting cardiovascular diseases and other conditions.

Learning stress management techniques is the best way to support your mental and physical health.

5. Skipping meals is an effective, healthy way to cut calories and lose weight.

**False.**

Not eating enough can actually cause the opposite response and may signal your body to hold onto weight. Missing meals affects your blood sugar regulation, your energy and mood, and may increase cravings and lead to overeating later. Skipping meals is NOT the same as intermittent fasting. If you pay attention to health content, intermittent fasting is popular. While it can be an effective way to manage calorie intake for some, it must be planned for and approached properly. Poorly planned meals and skipping altogether can result in you getting inadequate nutrition, i.e., vitamins, minerals, fiber, protein, fats, and carbohydrates. Yes, I said carbohydrates. They give you energy. It is ok to eat complex carbs! Want to cut calories the healthy way? Speak with a nutrition expert or dietician to learn what a healthy, balanced meal plan looks like for you.

Well... How did you do? 5/5 correct, or did you learn something new today? The big takeaway here is that health information is always evolving. Experts discover new directions and deeper understanding of the body and how it works through continued, extensive research, it's all for progress towards healthier living for everyone. Remember, balance is the key to healthy living; movement and diet are not one-size-fits-all.

If you're curious about elevating your mental, physical, and/or spiritual health, [schedule a consultation](#) with a Balance & Birch professional and see if what they offer feels right for you.

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