

Wellness Program Trivia (Answer Sheet)

- Which drink is shown to sharpen your concentration, improve your memory, and reduce the effects of stress?
 - Coffee
 - Tea**
 - Lemonade
 - Milk
- What is the best way to see if you are drinking enough water?
 - Check your urine (dark = dehydrated)**
 - Check your blood sugar level (low = dehydrated)
 - If you went to the washroom less than 5 times in a day
- What are the benefits of building a better posture?
 - Improves circulation
 - Increases your energy
 - Decreases risk of depression
 - All of the above**
- You are about 1 cm taller in the morning than in the evening.
 - True**
 - False
- What are the two types of fibre?
 - Complete and incomplete
 - Soluble and insoluble**
 - Organic and inorganic
- Eggs are a “complete” source of protein, meaning that it has 9 essential amino acids.
 - True**
 - False
- If you were walking at a normal pace (~11 min/km), how long would it take you to burn off a medium Tim Horton’s Iced Cap?
 - 20 minutes
 - 45 minutes
 - 60 minutes
 - 75 minutes**
- 60% of our body weight is due to water
 - True**
 - False
- Osteoporosis is gradual _____ loss.
 - Hair
 - Bone**
 - Blood
 - Mineral
- Tooth decay affects 50% of all adults.
 - True
 - False (90%)**

11. What hormone allows sugars to enter our cells?
- Cortisol
 - Growth Hormone
 - Insulin**
 - Estrogen
12. What is the primary function of iron?
- Contributes to healthy blood**
 - Maintains your weight
 - Decreases stress levels
13. What is the minimum amount (in minutes) of moderate intensity exercise recommended for a day?
- 10 minutes
 - 30 minutes**
 - 50 minutes
 - 90 minutes
14. Skipping breakfast is linked to weight gain.
- True**
 - False
15. Meditation lowers _____ and contributes to a stronger _____
- Blood pressure; immune system**
 - Blood sugar levels; muscle-building ability
 - Hormone levels; sense of soul searching
16. We should consume no more than _____ mg of sodium daily.
- 250
 - 1500**
 - 2500
 - 4000
17. UV rays can penetrate clouds.
- True**
 - False
18. What does SPF stand for?
- Sun Proof Factor
 - Sun Peak Factor
 - Sun Protection Factor**
19. Which of these vitamins is in cod liver oil?
- A
 - B
 - C
 - D**
20. What is the considered the normal blood pressure level?
- 100/80
 - 140/100
 - 120/80**
 - 100/140

21. What is the term for high blood pressure?
- Anemia
 - Hypertension**
 - Apnea
 - Tuberculosis
22. How many chemicals are in cigarette smoke?
- <250
 - 500-1000
 - 2000-4000
 - 4000+**
23. How much fat should you eat in a day?
- 2% of your daily calories from fat
 - 10% of your daily calories from fat
 - 20-35% of your daily calories from fat**
 - 35-45% of your daily calories from fat
24. Which fats are healthy?
- Saturated and trans fat
 - Monosaturated fats
 - Polysaturated fats
 - B and C**
 - No fats are healthy
25. Omega-3...
- Is a fat
 - Can prevent the clotting of blood
 - Reduces the risk of stroke
 - Is found in cold-water fish
 - All of the above**
26. How many servings of fruits and vegetables should you have in a day? (Adults between 19-50)
- 3-4
 - 5-6
 - 8-10**
 - 11-12
27. Women and men should drink no more than _____ alcoholic drinks a day, respectively, to prevent long-term health risks.
- 1;1
 - 1;2
 - 2;1
 - 2;3**
28. Over 1 in 4 Canadians is obese
- True**
 - False
29. 1 in 10 Canadians will personally experience a mental illness in their lifetime
- True
 - False (1 in 5)**

30. You often hear of foods with a low GI score. What does GI stand for?
- Glucose independent
 - Government issue
 - Gastrointestinal
 - Glycemic index**
31. Does smoking increase or decrease your blood pressure?
- Increase**
 - Decrease
32. Which of the following is responsible for feelings of pleasure?
- Caffeine
 - Dopamine**
 - Aspirin
 - Epinephrine
33. Less sleep is linked with weight gain.
- True**
 - False
34. How many hot dogs do Americans eat every year?
- 10 million
 - 400 million
 - 750 million**
 - 1.1 billion
35. Laughing 100 times has the same effect as riding a stationary bike for 15 minutes.
- True**
 - False