

Wellness Program Trivia

1. Which drink is shown to sharpen your concentration, improve your memory, and reduce the effects of stress?
 - a. Coffee
 - b. Tea
 - c. Lemonade
 - d. Milk

2. What is the best way to see if you are drinking enough water?
 - a. Check your urine (dark = dehydrated)
 - b. Check your blood sugar level (low = dehydrated)
 - c. If you went to the washroom less than 5 times in a day

3. What are the benefits of building a better posture?
 - a. Improves circulation
 - b. Increases your energy
 - c. Decreases risk of depression
 - d. All of the above

4. You are about 1 cm taller in the morning than in the evening.
 - a. True
 - b. False

5. What are the two types of fibre?
 - a. Complete and incomplete
 - b. Soluble and insoluble
 - c. Organic and inorganic

6. Eggs are a “complete” source of protein, meaning that they have 9 essential amino acids.
 - a. True
 - b. False

7. 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?
 - a. 20 minutes
 - b. 45 minutes
 - c. 60 minutes
 - d. 75 minutes

8. 60% of our body weight is due to water
 - a. True
 - b. False

9. Osteoporosis is gradual _____ loss.
 - a. Hair
 - b. Bone
 - c. Blood
 - d. Mineral

10. Tooth decay affects 50% of all adults.
- True
 - False
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. C
- d. D

20. What is the considered the normal blood pressure level?

- a. 100/80
- b. 140/100
- c. 120/80
- d. 100/140

21. What is the term for high blood pressure?

- a. Anemia
- b. Hypertension
- c. Apnea
- d. Tuberculosis

22. How many chemicals are in cigarette smoke?

- a. <250
- b. 500-1000
- c. 2000-4000
- d. 4000+

23. How much fat should you eat in a day?

- a. 2% of your daily calories from fat
- b. 10% of your daily calories from fat
- c. 20-35% of your daily calories from fat
- d. 35-45% of your daily calories from fat

24. Which fats are healthy?

- a. Saturated and trans fat
- b. Monosaturated fats
- c. Polysaturated fats
- d. B and C
- e. No fats are healthy

25. Omega-3...

- a. Is a fat
- b. Can prevent the clotting of blood
- c. Reduces the risk of stroke
- d. Is found in cold-water fish
- e. All of the above

26. How many servings of fruits and vegetables should you have in a day? (Adults between 19-50)

- a. 3-4
- b. 5-6
- c. 8-10
- d. 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
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