

Healthy Lifestyles Quiz

Getting started

- Split into two teams. The blue team and green team.
- Each team will be asked 6 multiple choice questions, and can score a maximum of 12 points. 1 point for each question answered correctly, and a bonus point for providing an additional piece of information relevant to the question.
- Team members may confer before giving their final answer. Unanswered questions & bonus points will not be handed over to the other team.

On average, quitting smoking at age 60 extends life expectancy by how long?

a) 6 months

b) 1 year

c) 3 years

d) 5 years

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- a) 125mls red wine b) A single malt whisky
- c) 1 pt of 5.2% lager d) A double gin and tonic

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- a) Reduced depression and anxiety
- b) Increased energy levels
- c) Reduced risk of falls
- d) Increased risk of arthritis
- e) Improved sexual function

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- a) Ice skating
- b) Aqua fit classes
- c) Chair based exercises
- d) Gentle walking
- e) Lawn bowling

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- a) Walking 2 miles
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Which of the following does not count towards your "5 a day"?

- a) Baked beans
- b) Jacket potato
- c) Cabbage
- d) Onion
- e) Tinned tomatoes

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- a) Wholemeal bread
- b) Bacon
- c) Baked beans
- d) Banana
- e) Shredded wheat

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Guidelines recommend adults consume 18g - 30g of dietary fibre per day. Which of the following contains the most fibre ?

- a) 1 cup Raspberries
- b) 2 slices White bread
- c) $\frac{1}{2}$ cup All Bran cereal
- d) $\frac{1}{2}$ cup dried prunes
- e) 1 medium apple

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What is the recommended amount of exercise, for men aged 65 and over?

- a) 150 minutes moderate intensity exercise per week with 2 days of strengthening exercises.
- b) 75 minutes moderate intensity exercise per week.
- c) 75 minutes vigorous intensity exercise per week with 2 days of strengthening exercises.
- d) a) or c) are acceptable

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- a) 40 inches
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- c) 37 inches

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- c) 1.3 litres

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