

## *Exercise Trivia Questions And Answers*

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### **Exercise Trivia Questions And Answers**

Exercise and Fitness Trivia Questions & Answers : Hobbies This category is for questions and answers related to Exercise and Fitness, as asked by users of FunTrivia.com.. Accuracy: A team of editors takes feedback from our visitors to keep trivia as up to date and as accurate as possible. Complete quiz index can be found here: [Exercise and Fitness Quizzes](#)

### **Exercise and Fitness Trivia Questions & Answers | Hobbies**

A comprehensive database of more than 145 exercise quizzes online, test your knowledge with exercise quiz questions. Our online exercise trivia quizzes can be adapted to suit your requirements for taking some of the top exercise quizzes.

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Almost everyone has a fitness goal they want to reach. The first weapon in your arsenal should be knowledge. How much do you really know about diet, exercise and overall health and fitness? Well, you're about to find out! Take the quiz below and answer over 150 questions in order to find out how smart you really are!

### **Fitness Quiz - Test Your Health IQ and Fitness Knowledge**

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Try this WebMD quiz to find out how much you know about your metabolism and metabolic rate and about how they are affected by diet, weight training, and muscle mass.

### **Quiz: Diet, Exercise, and Your Metabolism - WebMD**

Eating and Exercise Trivia Quiz! How many servings of fruit and vegetables should you eat each day? Six to 10 One or two Three or four Fifteen or twenty

### **Eating and Exercise Trivia Quiz! Fitness | Diet | Health ...**

Learn exercise and fitness myths and facts. Does muscle weigh more than fat? Do you need extra protein if you exercise? Take the quiz and find out how to lower the risk of heart disease and other problems with cardio (aerobic) exercise and strength training.

### **Exercise Quiz: Weight Loss, Fitness & Reducing Health Risk**

A huge collection of Exercise and Fitness trivia quizzes in our Hobbies category. 290 trivia questions to answer! Play our quiz games to test your knowledge. How much do you know?

### **Exercise and Fitness Trivia and Quizzes - Fun Trivia Quizzes**

100 Trivia Questions For Kids With Answers Here are some of the best trivia questions for kids, not just questions but it also contains answers to some of the basic questions kids often ask. Feel free to ask your kids these questions to test their intelligence.

### **100 Trivia Questions For Kids With Answers - Chartcons**

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### **Free Printable Trivia Quiz Questions With Answers ...**

Exercise and Fitness Quiz: 1) Muscle weighs more than fat. True or False 2) Maintaining physical fitness requires major lifestyle changes. True or False 3) No Pain, no gain is a workout myth. True or False 4) Weight Loss should be the most important goal of fitness and exercise. True or False 5) You should warm-up before exercising.

### **Exercise and Fitness Quiz - Fitivities**

Sometimes trivia is a fun way to learn more about health and exercise, or at the very least impress your friends at parties. Anyway, here are some fun tid-bits on fitness: It takes 70 muscles to speak a single word. People who are physically inactive can lose as much as 3% to 5% of their muscle mass per decade after age 30.

### **Fun Fitness Trivia That May Surprise You - Fitness Exchange**

What is the right path to follow to achieve your goals? Do you know the answers to common questions pertaining to health and fitness? Well, you are about find out. The following fifteen-question quiz will challenge your basic knowledge of a number of fitness-related issues: nutrition, muscle strength and power, skill training, and endurance.

### **Pop Quiz Challenge: Test Your Nutrition and Fitness Knowledge**

Exercising!!! Take this quiz! When we normally speak of the "abs", which muscle are we referring to? What are the most important factors contributing to reaching your goal of having a perfect "6-pack"? When it comes to abs, what exercise is most thought of and recommended to strengthen them by personal trainers? Your abs should be trained 2-3 times a week, like any other muscle group.

### **Exercise Trivia Questions. See how much you know about ...**

Test your sport trivia knowledge with these 100 carefully selected sports trivia questions and answers, this is actually one of the largest collection of sports trivia quizzes you can find. Sports trivia is a great way to exercise your brain, keep your mind sharp and learn a few things about sports you never knew before.

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