Fitness and Health Facts, Group 4

Q: How many muscles does the human body have?

A: 650

Q: What is the strongest muscle in the human body?

A: Heart

Q: True or false, exercising improves brain performance?

A: True

Q: True or false, optimism will help you live longer?

A: True

Q: What are the five major food groups?

A: Fruits & Vegetables, Grains, Protein, Dairy, Fat & Sugar

Q: Is quality sleep important in good health?

A: Yes

Q: What is the best way to lower blood pressure?

A: Regular physical exercise

Q: About what percentage of young people (ages 12-21) are not active on a daily basis?

A: 50%

Q: About what percentage of Americans consume more sodium than what is recommended?

A: 90%

Q: At least how many days a week should everyone exercise?

A: 3

Q: What is the U.S. as a country ranked as most fit globally?

A: 7th

Q: True or false, there are more than 200 million fitness club members globally?

A: False

Q: True or false, there were over 6 billion gym visits in the U.S. in 2018?

A: True

Q: About what percentage of kids (ages 6-17) get adequate physical daily activities?

A: 25%

Q: In what year did the U.S. record the most amount of gym visits?

A: 2017

Q: Can regular physical activity reduce your risk of a heart attack?

A: Yes

Q: True or false, type 2 diabetes and some cancers are preventable through exercise?

A: True

Q: Can exercise help with tiredness?

A: Yes

Q: Is hot or cold temperature good for your health?

A: Cold

Q: Where are more than half of your bones located in?

A: Hands and feet

Q: What fruit can help improve your mood when eaten?

A: Banana

Q: True or False, about 4,000 children and teenagers begin smoking each day?

A: True

Q: Can involvement in exercise help relieve stress?

A: Yes

Q: Can listening to music help improve performance?

A: Yes

Q: Does exercising boost or weaken your immune system?

A: Boost

Q: True or False, exercising can help prevent signs of aging?

A: True

Q: Can exercising sharpen your memory skills?

A: Yes