



POOLS COUPON_KEEPING FIT	1	X	2
1. The official recommendation is that we should be physically active every day - but how many minutes a day are recommended for adults? 1 15 mins X 30 mins 2 60 mins			
2. How intense should daily exercise be - according to official recommendations? 1 Light intensity X Moderate intensity 2 High intensity			
3. Exercise does not prevent this condition: 1 Cardiovascular disease X Type 2 diabetes 2 Middle ear inflammation			
4. Which of these three risk factors are most significant of death in your country? 1 Obesity X Inactivity 2 Alcohol			
5. What are the symptoms of high blood pressure? 1 You often feel nothing X You often feel hungry 2 You may suffer nausea			
6. What percentage of thigh musculature is lost from six weeks in bed? 1 Approx. 25% X Approx. 40% 2 Approx. 50%			
7. What is the best way to lose weight? 1 Crash diet X Exercise and changes to eating habits 2 Taking pills			

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8. Five people share a bar of Marabou milk chocolate - how many minutes should each of them cycle (moderate intensity) to burn off these calories? 1 Approx. 25 mins X Approx. 20 mins 2 Approx. 30 mins			
9. A woman drinks ½ litre of Cola a day (200 kcal/d) – she changes her ways and drinks Cola Zero. How many kilos could she lose approximately in a year from doing so? 1 9.2 kg X 5.2 kg 2 7.7 kg			
10. Ammonia (floor detergent), Acetone (nail varnish remover), Arsenic (ant poison) are chemicals that we know are poisonous. Where can we also find these substances? 1 Cigarettes X Washing powder 2 Creams and shampoo			
11. A man of approx. 80 kg drinks 4 beers – how many minutes must he play football to burn off these calories? 1 Approx. 75 mins X Approx. 45 mins 2 Approx. 55 mins			
12. If we are physically active for 60 mins a day, we cut the risk of cardiovascular disease by...? 1 60% X 25% 2 40%			
13. A journey of a thousand mile starts with... 1 One giant leap X The first step 2 A good GPS			