

Q: What does the "S" in Spark stand for?

A: Spark! (Duh)

Q: When is the best time of day to exercise?

A: Any

Q: The strongest muscle in the human body is?

A: The heart

Q: The largest building in the United States resides in the state of WA...what city is it located in and for extra credit...what is the building?

A: Everett – Boeing's final assembly plant

Q: In 2004, WA was ranked 1st in the nation in the production of _____?

A: Raspberries (90% of total US production)

What was the #1 rated TV sitcom in the 1980's?

A: The Cosby Show (#2=Cheers, #3=Golden Girls)

Q: What is the longest running US Sitcom of all time?

A: The Simpsons (I now know why our country is getting smarter every year....cause of great shows like this that inspire our young leaders of tomorrow)

Q: The human body has over how many muscles?

A: 650

Q: Medical Dr.'s receive approximately how many hours of training on nutrition during medical school?

A: 2.5 hrs

Q: How many times a day does your heart beat?

a. 10,000

b. 25,000

c. 50,000

d. 100,000

Q: What % of Americans engage in regular, sustained physical activity for at least 30 minutes five times per week?

a. 22%

b. 29%

c. 46%

d. 54%

Q: **True** or False: Walking a brisk pace of 4mph burns almost as many calories as jogging for the same distance.

Q: How many calories do you need to burn in order to lose 1 LB of body fat?

A: 3,500

Q: For every 40 LB's that someone is overweight, it limits their life expectancy by how many years?

- a. 1 year
- b. 2 years
- c. 3 years**
- d. 15 years

Q: **True** or False: You burn more calories sleeping than watching TV. (But you'll burn even more if you sleep and then dream about watching TV...j/k.)

Q: A recent study that was conducted found that 24% of American workers would do what if they could?

A: Fire their boss

Q: Which of the following nutrients is needed as the main structural component of the human body?

- a. Carbohydrates
- b. Protein**
- c. Fat
- d. Fiber

Q: Which of the following nutrients is known as the "Sunshine Vitamin?"

- a. Vitamin C
- b. Vitamin A
- c. Vitamin K
- d. Vitamin D**

Q: It can take about 200,000 frowns to create a permanent....._____ (what?)

A: Wrinkle – SO TURN THAT FROWN UPSIDE DOWN! =)

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