



Health & Fitness

Maze Passport

We know it can be kind of tough to find your way through the maze- it's designed to be that way. This passport can help guide wandering maze goers- depending on how much you know about health & fitness- through the correct pathway. When you come to a numbered sign inside the maze, stop and answer the corresponding questions on this passport. While facing the sign, turn the direction of the answer you choose.

1

More calories are burnt if you exercise 1 hour before a meal or 1 hour after a meal?

- a. 1 hour before (turn right) c. 1 hour after (turn left)
b. it is the same either way (turn left)

2

During which of the following activities does the average person burn more calories than they do watching tv?

- a. jogging (turn right) c. cleaning the house (turn right)
b. sleeping (turn left) d. all of the above (turn left)

3

The average human has 10,000 taste buds. By what age do most people lose half of them?

- a. 60 (turn left) c. 30 (turn right)
b. 80 (turn right)

4

You can eat as much as you want on a low fat diet of fruits, vegetables, grains, cereals & pastas, and not gain weight.

- a. true (turn left)
b. false (turn right)

5

The air from a sneeze can exceed the speed of:

- a. 100 MPH (turn right) c. 10 MPH (turn left)
b. 200 MPH (turn left)

6

Eating which of the following foods can help lower your cholesterol?

- a. eggs (turn left) c. salmon (turn right)
b. beef (turn left)

7

When preparing to exercise, is it better to warm up first or stretch first?

- a. stretch (turn right)
b. warm up (turn left)

8

Which is a better nutritional standard to follow?

- a. The Food Pyramid (turn left)
b. basic four food groups (turn right)
c. they are equally good (turn right)

9

How long should we exercise, 4-5x a week, to be successful in seeing a health benefit?

- a. at least 15 min (turn left) c. at least 30 min (turn right)
b. at least 60 min (turn left)

10

When do healthy eating and exercise habits need to begin?

- a. as a child (turn left) c. as an adult (turn right)
b. as a teenager (turn right)