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(General Knowledge)

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MichaelWilliams67

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Food Trivia Questions

and answers ~~Wellness~~

~~Quiz Questions And~~

~~Answers~~

Choose the correct

answer: Chewing gum

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for a period of time
will a. provide you
with needed vitamins.
b. satisfy your
hunger. c. stimulate
the release of gastric
juices. d. stimulate the
releas...

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Start studying Health
and Wellness Quiz 1
Questions & Answers.

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TRUE or FALSE? 2. Farting helps reduce high blood pressure and is good for your health. TRUE or FALSE? 3. Laughing 100 times is equivalent to 45 minutes of exercise on a stationary bicycle. TRUE or FALSE? 4. Sitting for

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more than three
hours a day can cut
two years off a
person ' s life
expectancy.

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see how much you
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and wellness, be sure

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How many of these
Fitness Trivia quiz
questions can you
answer? Quiz
Questions. E. N. H.
general health fitness.

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At least how long
should the warm-up
in your physical
training session last?

Ten To Fifteen
Minutes. Show

answer. Share. Tweet.

E. N. H. general health
fitness. What is the

chemical name for
salt? Sodium

Chloride. Show
answer.

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wellness. Important
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hypokinetic disease.

Question 2. ... all of the other answers are correct. reduce your risk for all cancers.

~~Physical Wellbeing~~ ~~Quiz | Quiz~~

Wellbeing quiz: Do you have a good work-life balance? Getting the balance right between work and family time can be

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difficult. Long work hours, colleague expectations and the desire to progress can all have a detrimental effect on an employee ' s health and wellbeing.

~~Wellbeing quiz: Do you have a good work-life balance?~~

1. What is Liverpool's main railway station

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called? Lime Street. 2.

According to the song
what did the old lady
swallow to catch a

spider? A Bird. 3. In

which US state is

Michael Jackson's
ranch Neverland?

California.

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1001 Bible Quiz ...~~

Yes, but any
alternative approach
must include a
suitable and sufficient
risk assessment. If
you can answer yes to

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all the questions then
your approach is
likely to be
considered a suitable
and sufficient risk
assessment for work-
related stress: do you
include all the steps
in the risk assessment
process?

~~Mental well-being:
questions and
answers | Health and~~

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Answers
2. If you go for a check-up, or are not feeling very well, what kind of person would you go see? 3.

Physical activity is essential for your body and can help keep you healthy if you do it for around one hour a day. What is this called? 4.

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Questions~~

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Question: What are
some things you can
do to help ...

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Questions and
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Quiz Questions And

Answers can do to
help support your

brain health? a)

Eating nutritious

foods. b) Regular

physical activity. c)

Doing mental

exercises like

crossword puzzles

and other games. d)

All of the above. e) A

and C. Health and

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Answers. Paris; 1896;
Tessa Sanderson; The
five continents;
Africa; Round 3: Who
Am I? Answers.

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Donny Osmond;
Shirley Bassey (who originally recorded a song for Thunderball titled “ Mr Kiss Kiss Bang Bang ” which was rejected by the producers) Elton John; Frank Sinatra; Gary Barlow; Round 4: General Knowledge Answers. Uganda; June 23rd; A bat; Israel

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ANSWERS . 1. Which

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activity burns more calories for the average 160 pound person? A. 25 minutes of steady-state treadmill running at 5 miles per hour = 256 calories . 2. More potential repetitions can be performed in the pull up with: D. A wide grip with the forearms supinated -

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the biceps are in their
strongest position
and the range of
motion is shortened

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