

## *Exercise Trivia Questions And Answers*







### **Exercise Trivia Questions And Answers**

Exercise Trivia Quiz Questions With Answers . What is exercise? A: Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. Physical exercises are generally grouped into what three types? A: Aerobic exercise, anaerobic exercise, and flexibility exercises.

### **Exercise Trivia Quiz - Trivia Quiz Questions With Answers ...**

A comprehensive database of more than 145 exercise quizzes online, test your knowledge with exercise quiz questions. Our online exercise trivia quizzes can be adapted to suit your requirements for taking some of the top exercise quizzes.

### **Exercise Quizzes Online, Trivia, Questions & Answers ...**

Exercise and Fitness Trivia Questions & Answers : Hobbies This category is for questions and answers related to Exercise and Fitness, as asked by users of FunTrivia.com.. Accuracy: A team of editors takes feedback from our visitors to keep trivia as up to date and as accurate as possible. Complete quiz index can be found here: Exercise and Fitness Quizzes

### **Exercise and Fitness Trivia Questions & Answers | Hobbies**

Exercise and Fitness Quiz: 1) Muscle weighs more than fat. True or False 2) Maintaining physical fitness requires major lifestyle changes. True or False 3) No Pain, no gain is a workout myth. True or False 4) Weight Loss should be the most important goal of fitness and exercise. True or False 5) You should warm-up before exercising.

### **Exercise and Fitness Quiz - Fitivities**

Almost everyone has a fitness goal they want to reach. The first weapon in your arsenal should be knowledge. How much do you really know about diet, exercise and overall health and fitness? Well, you're about to find out! Take the quiz below and answer over 150 questions in order to find out how smart you really are!

### **Fitness Quiz - Test Your Health IQ and Fitness Knowledge**

A comprehensive database of more than 19 health and fitness quizzes online, test your knowledge with health and fitness quiz questions. Our online health and fitness trivia quizzes can be adapted to suit your requirements for taking some of the top health and fitness quizzes.

### **Health And Fitness Quizzes Online, Trivia, Questions ...**

Try this WebMD quiz to find out how much you know about your metabolism and metabolic rate and about how they are affected by diet, weight training, and muscle mass.

### **Quiz: Diet, Exercise, and Your Metabolism - WebMD**

Learn exercise and fitness myths and facts. Does muscle weigh more than fat? Do you need extra protein if you exercise? Take the quiz and find out how to lower the risk of heart disease and other problems with cardio (aerobic) exercise and strength training.

### **Exercise Quiz: Weight Loss, Fitness & Reducing Health Risk**

Sometimes trivia is a fun way to learn more about health and exercise, or at the very least impress your friends at parties. Anyway, here are some fun tid-bits on fitness: It takes 70 muscles to speak a single word. People who are physically inactive can lose as much as 3% to 5% of their muscle mass per decade after age 30.

### **Fun Fitness Trivia That May Surprise You - Fitness Exchange**

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