

# Pub quiz

**Boost your vitality!**

# Explanation

1. The quizmaster will present the question.
2. Answer the question as accurately as possible.
3. The quizmaster will reveal the correct answer after answering each question.
4. Note your score after each question and keep track of how many questions you answered correctly.

# 1. What is the definition of vitality?

A. The degree of life power and energy

B. How strong you are in the gym

C. How much you sleep each night



## A. The degree of life power and energy

Vitality is life energy. When you feel vital, you are physically and mentally balanced. You can improve your vitality by eating healthy, sleeping well, exercising regularly, relaxing and staying mentally fit.

How much do you know about these topics?



## 2. What are the effects of increased vitality?

A. Improved health

B. Higher energy level

C. Improved mood and well-being



## **All the answers are correct!**

Vitality means good health, with more energy, a stronger immune system and better physical and mental health. It provides more energy throughout the day, allowing people to perform better.

In addition, vitality improves mood and well-being, with more happiness and resilience.

### 3. When do you start losing muscle strength?

A. 30 year

B. 35 year

C. 40 year



## A. 30 year

When you are 30, your bones get weaker. Between 30 and 75, you lose about half your muscles. During the same period, the fat in your body doubles. Therefore, it is smart to do exercises that make your muscles stronger.



## 4. Which European country sits the most?

A. Italy

B. Netherlands

C. Greece



## B. Netherlands

Dutch people sit a lot according to TNO research (2022). 26% sit for more than 8.5 hours a day, compared to 11% on average in European Union countries.

Too much sitting disrupts metabolism and health. Varying between sitting, standing and moving is smart. Regular exercise gives energy, focus and creativity.

## 5. How many hours of sleep should adults get?

- A. 5 to 6 hours
- B. 7 to 8 hours
- C. 9 to 10 hours



## B. 7 to 8 hours

Most adults need at least 7 hours of sleep a night! Sleep helps your immune system, ensures recovery and helps against depression.

Babies, young children and teenagers need more sleep for proper development.

## 6. When does your brain work best?

A. During focus work

B. When switching between focus and relaxation

C. During work without focus





## **B. When switching between focus and relaxation**

Brains perform optimally when they switch between focus and relaxation, leading to resilience, increased creativity and better decision-making. After every hour of focus time, it is advised to relax for 5 minutes.

## 7. How many grams of vegetables does the average Dutch person eat per day?

- A. 163 grams per day
- B. 210 grams per day
- C. 236 grams per day



## A. 163 grams per day

Most Dutch people eat 163 grams of vegetables a day, but it is recommended to eat 350 grams.

Fortunately, the amount of vegetables people eat has increased in recent years. Between 2007-2010, people ate an average of 128 grams per day, but between 2012 and 2016, this rose to 135 grams per day.

## 8. What percentage of the products in the supermarket belong to the \*Schijf van Vijf?

A. 21%

B. 35%

C. 65%



## A. 21%

Wageningen University & Research (WUR) says only 21% of the stuff in the supermarket is in the Disk of Five, and 79% is not.



## 9. How can a preventive medical examination boost your vitality?

A. A PMO is only for people with health problems.

B. A PMO can lead to loss of productivity at work.

C. You get insight into your vitality and advice on how to achieve your vitality goals.



## **C. You get insight into your vitality and advice on how to achieve your vitality goals**

By completing the questionnaire, you will gain insight into your vitality. The personal feedback lets you know how you can maintain or improve your vitality. You decide what to do with this feedback.

Your privacy is fully guaranteed; your employer will not see any personal results.

## 10. How does goal setting contribute to vitality?

A. It provides structure and direction for a healthy lifestyle.

B. It can lead to overload by asking too much of yourself.

C. Setting achievable goals encourages reckless behaviour because you think you can handle everything.



## **A. It provides structure and direction for a healthy lifestyle.**

Setting achievable goals contributes to vitality by increasing motivation, providing focus, enabling measurability, promoting incremental progress and boosting self-confidence.

# Who is the winner?

