

TRIVIA EXERCISE GAME

Learn something new and exercise all at the same time!



This game was created by the wellness team at Living LEAN, LLC to help you move more and live a healthy, happy and purposeful life.



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TRIVIA EXERCISE GAME

What you need:

- Printed game cards on cardstock or regular paper
- Scissors
- Mason jar, basket, or small box.
- A timer of any kind. You can even play music and exercise until the music stops!

Game set up:

- **DOWNLOAD** and **PRINT** out the card pages only (2-5). You can use cardstock paper if you have it, but regular printer paper will do just fine. Make sure to set the printer to print on both sides of the paper.
- **CUT** the cards apart with a pair of scissors and arrange them in a mason jar, basket, or small box.

How to play:

- Start with the eight sample cards provided by your Living LEAN team.
- One person will draw a trivia card and read the question to all players.
- Let everyone give their answer, then turn over the card and share the correct answer.
- Each answer will have a coordinating exercise that each participant will do for 1 minute. Set your timer or play your music for 1 minute as everyone does their coordinated exercise.
- After you have practiced with the card provided, we have supplied you with a set of eight blank cards so you can create your own trivia game!

Have fun and get creative:

- Print new cards over and over and create trivia games to teach your kids math, spelling, and geography using this game and exercise.
- Play with co-workers to learn new and interesting things and get some lunchtime exercise at the same time.
- The possibilities are endless...get creative!!

TRIVIA QUESTION

True or False?

An hour of exercise is required for it to make a difference (lose weight & build muscle).

TRIVIA QUESTION

True or False?

The LEAN in Living LEAN now is an acronym that stands for Lifestyle, Exercise, Attitude & Nutrition

TRIVIA QUESTION

True or False?

Carbs and fat will make you fat.

TRIVIA QUESTION

True or False?

The most important thing to read on a nutrition label is the calories.

TRIVIA QUESTION

True or False?

Motivation is the key to weight loss success.

TRIVIA QUESTION

True or False?

Eating natural whole fruit is better than drinking fruit juice made from fruit.

TRIVIA QUESTION

True or False?

You should always wait until you are thirsty to drink water.

TRIVIA QUESTION

True or False?

Juice and soda is an ok substitution for water in a pinch.

Exercise

True

LEAN is an acronym that highlights the four pillars of optimal health and wellness!

Right Answer: Push Ups

Wrong Answer: Plank

Exercise

False

Consistent daily activity and exercise is what makes a difference even if exercise is less than 1 hour.

Right Answer: Squats

Wrong Answer: Wall Sit

Exercise

False

The ingredients list is the most important information on any food nutrition label.

Right Answer: Walking Lunges

Wrong Answer: Step Ups (Stairs)

Exercise

False

Only highly processed carbs and fats make you fat. The carbs in fruits and vegetables and fats derived from plants are beneficial to health.

Right Answer: Jumping Jacks

Wrong Answer: Mountain Climbers

Exercise

True

Juicing real fruit removed much of the fiber which increases the insulin response, therefore, eating whole fruit loaded with fiber is a better option.

Right Answer: Glute Bridges

Wrong Answer: Supermans

Exercise

False

Motivation is unreliable and shouldn't be relied on. Consistent positive daily LEAN habits are the key to attain any health goals.

Right Answer: Deadbugs

Wrong Answer: Bear Crawls

Exercise

False

No way! Not even close! There is no substitution for water and it is essential for optimal health and wellness.

Right Answer: Overhead Press

Wrong Answer: Lateral Raises

Exercise

False

By the time you feel thirsty, you are already dehydrated. Keep a water bottle with you and drink water throughout the day!

Right Answer: Triceps Dips

Wrong Answer: Bicep Curls

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Exercise

Correct Answer:

**Right Answer Exercise:
Wrong Answer Exercise**

Exercise

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