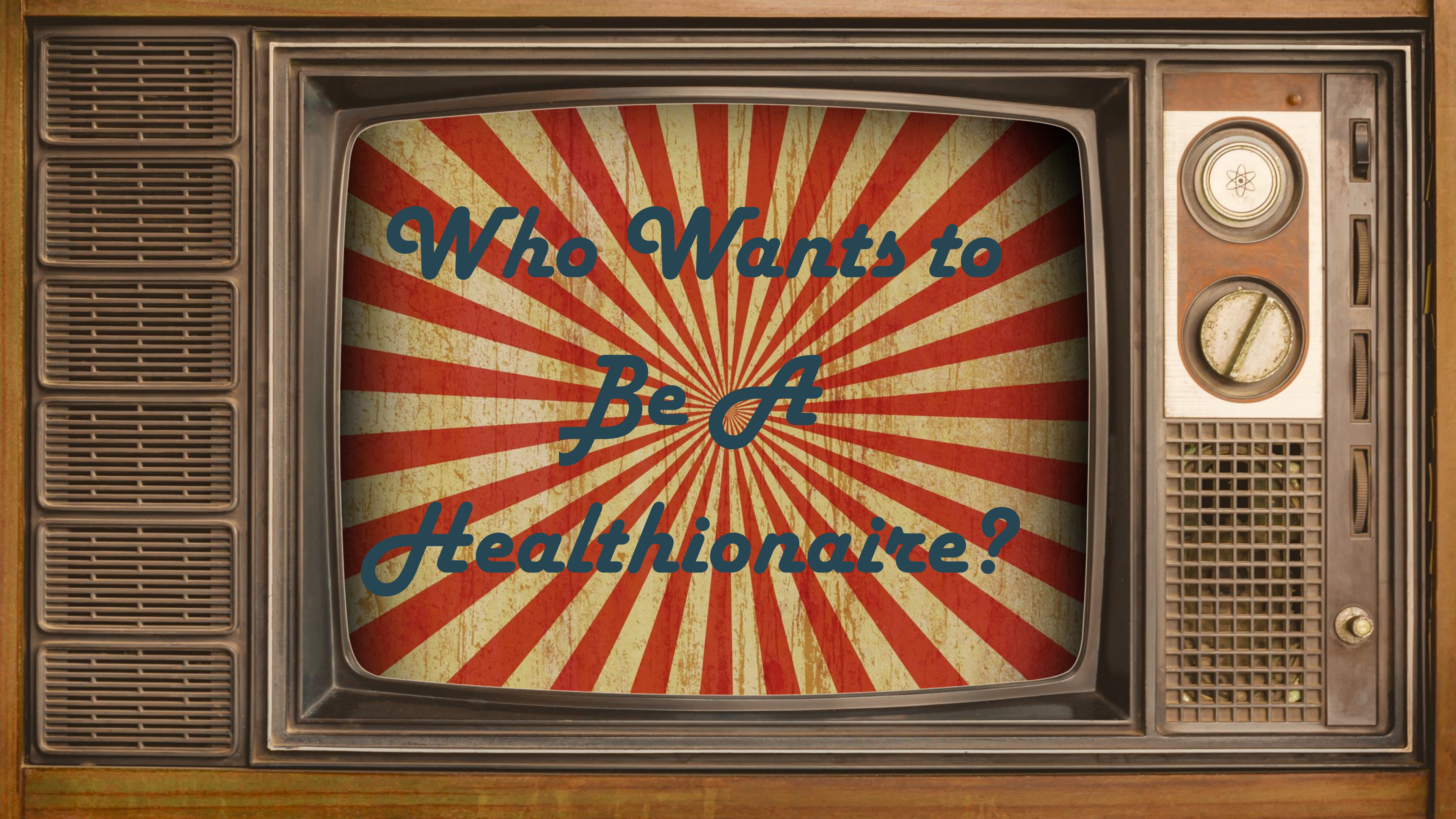




*Who Wants to
Be A
Healthionaire?*

Meet Your Host

Keri Sword,
PharmD, CDCES

**BHMC Pharmacist &
Diabetes Educator**





ROUND

— 1 —

QUESTION 1

What vitamin is primarily produced when your skin is exposed to sunlight?

ANSWER 1

Vitamin D

QUESTION 2

How many hours of sleep are generally recommended for most adults each night?

ANSWER 2

7-9 hours

QUESTION 3

**Which nutrient is the body's
main source of energy:
protein, fat, or
carbohydrates?**

ANSWER 3

Carbohydrates

QUESTION 4

**True or False:
Drinking water helps regulate
body temperature.**

ANSWER 4

True

QUESTION 5

**What type of exercises
improves flexibility and
balance?**

ANSWER 5

Yoga or
stretching

QUESTION 6

Which food group is known for being high in fiber: fruits and vegetables, dairy, or candy?

ANSWER 6

**Fruits and
vegetables**

QUESTION 7

**What is the recommended
amount of moderate
exercise adults should get
each week?**

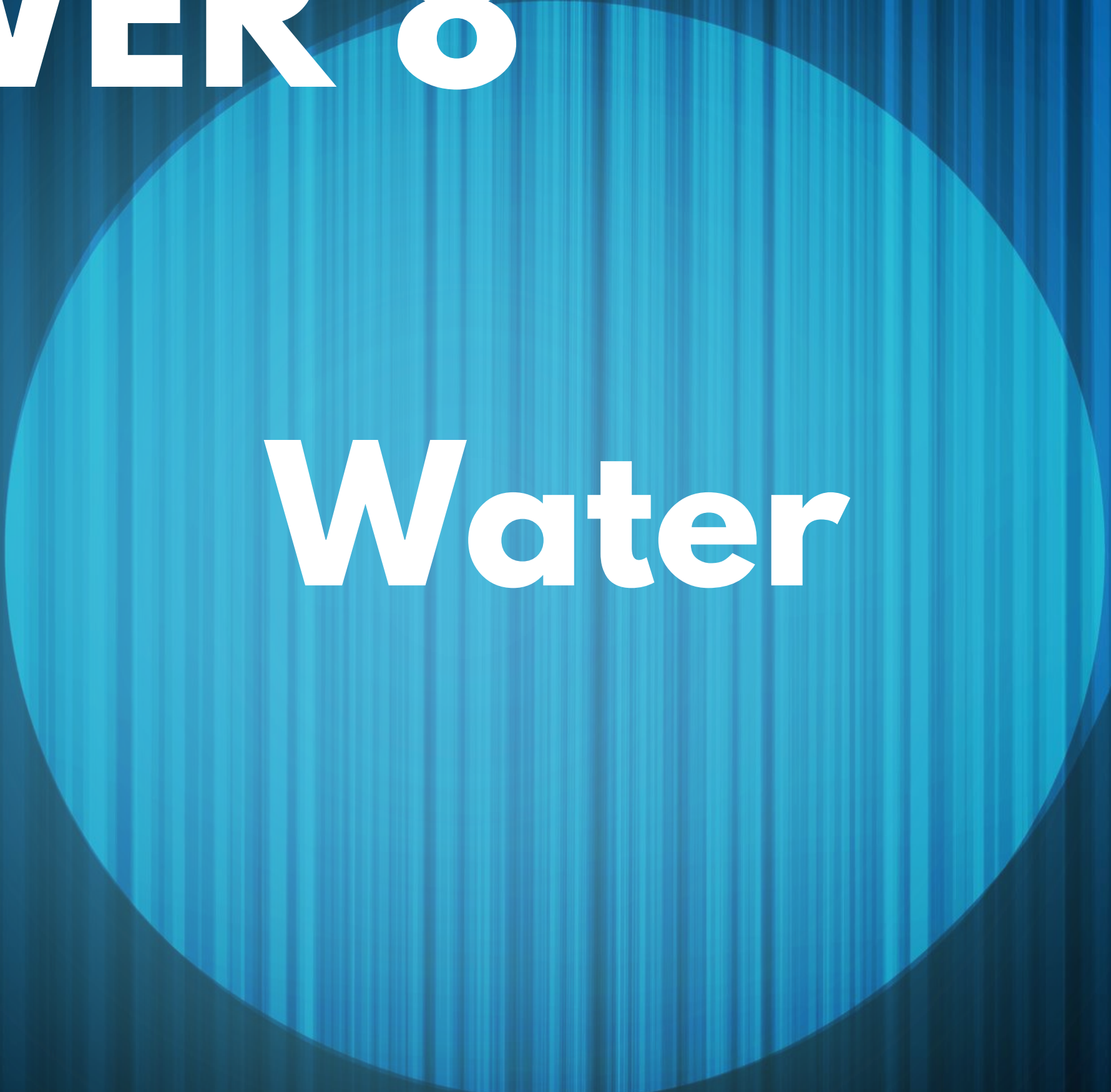
ANSWER 7

About 150
minutes

QUESTION 8

**Which beverage is usually
the healthiest choice for
hydration?**

ANSWER 8

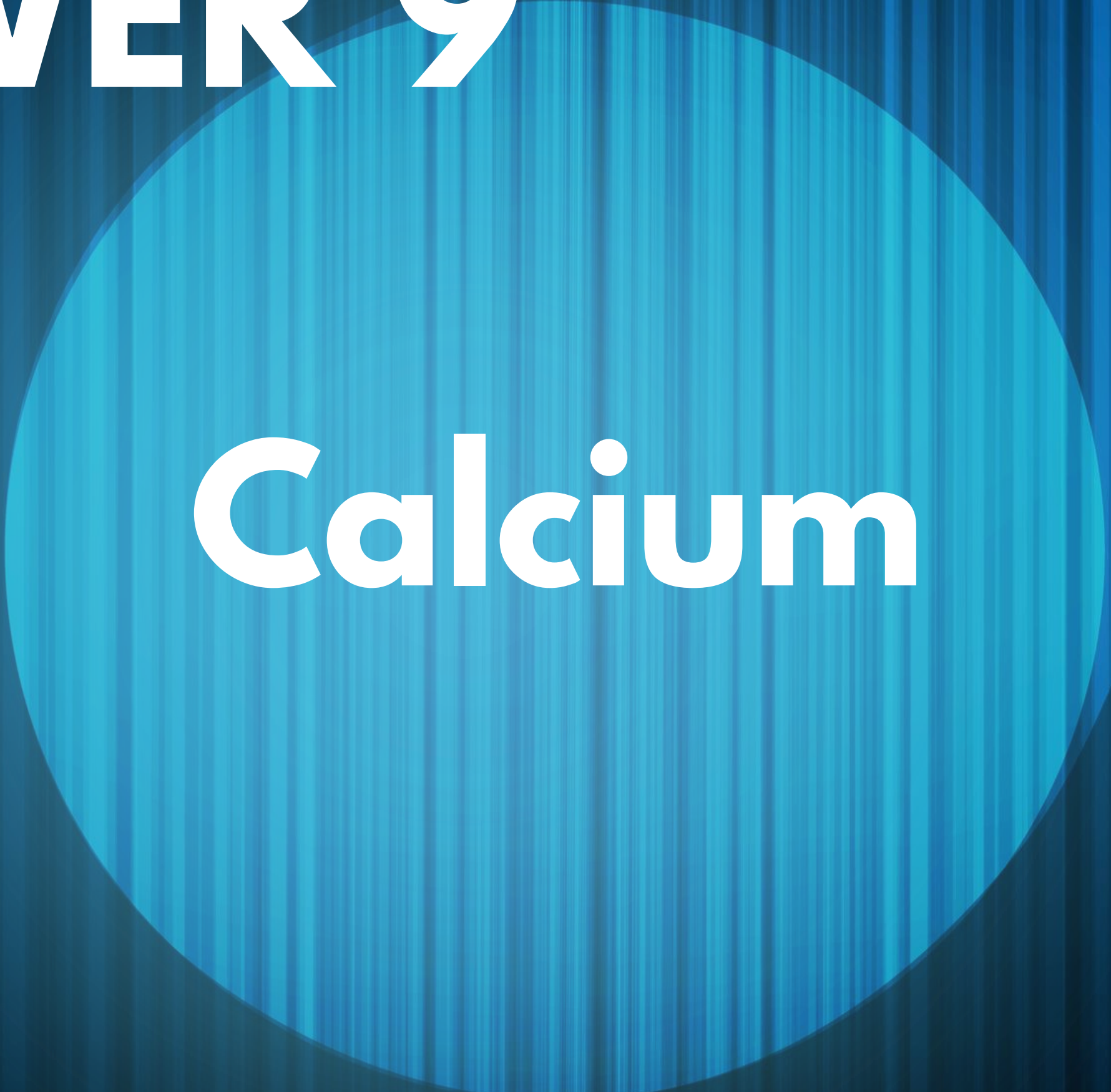


Water

QUESTION 9

**What mineral is important
for strong bones and
teeth?**

ANSWER 9



Calcium

QUESTION 10

**True or False: Walking can
improve heart health.**

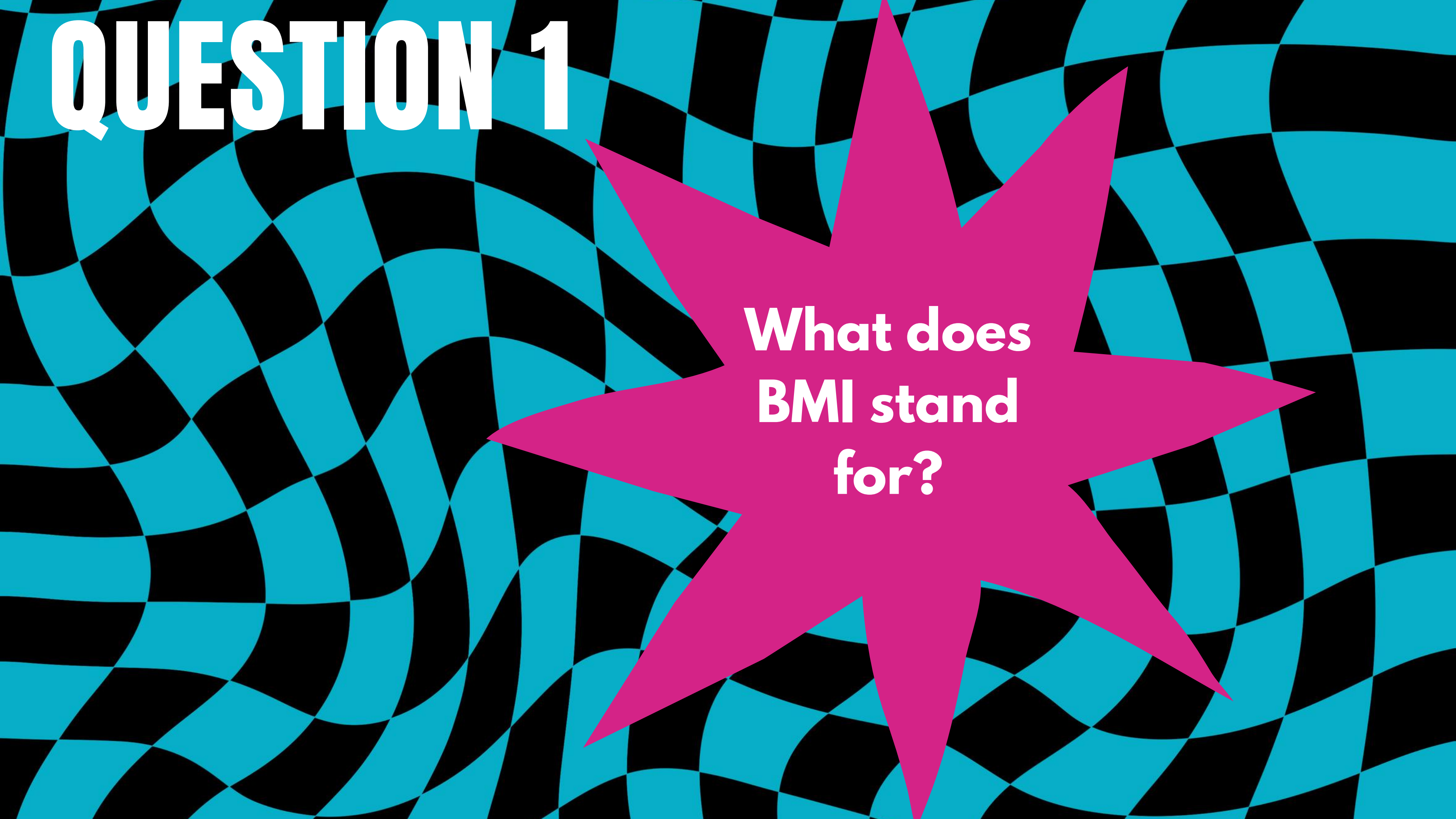
ANSWER 10

True



ROUND

2



QUESTION 1

**What does
BMI stand
for?**

ANSWER 1



**Body
Mass
Index**

QUESTION 2

**What type of fat
is generally
considered
healthier:
Unsaturated or
trans fat?**

ANSWER 2



**Unsaturated
fat**

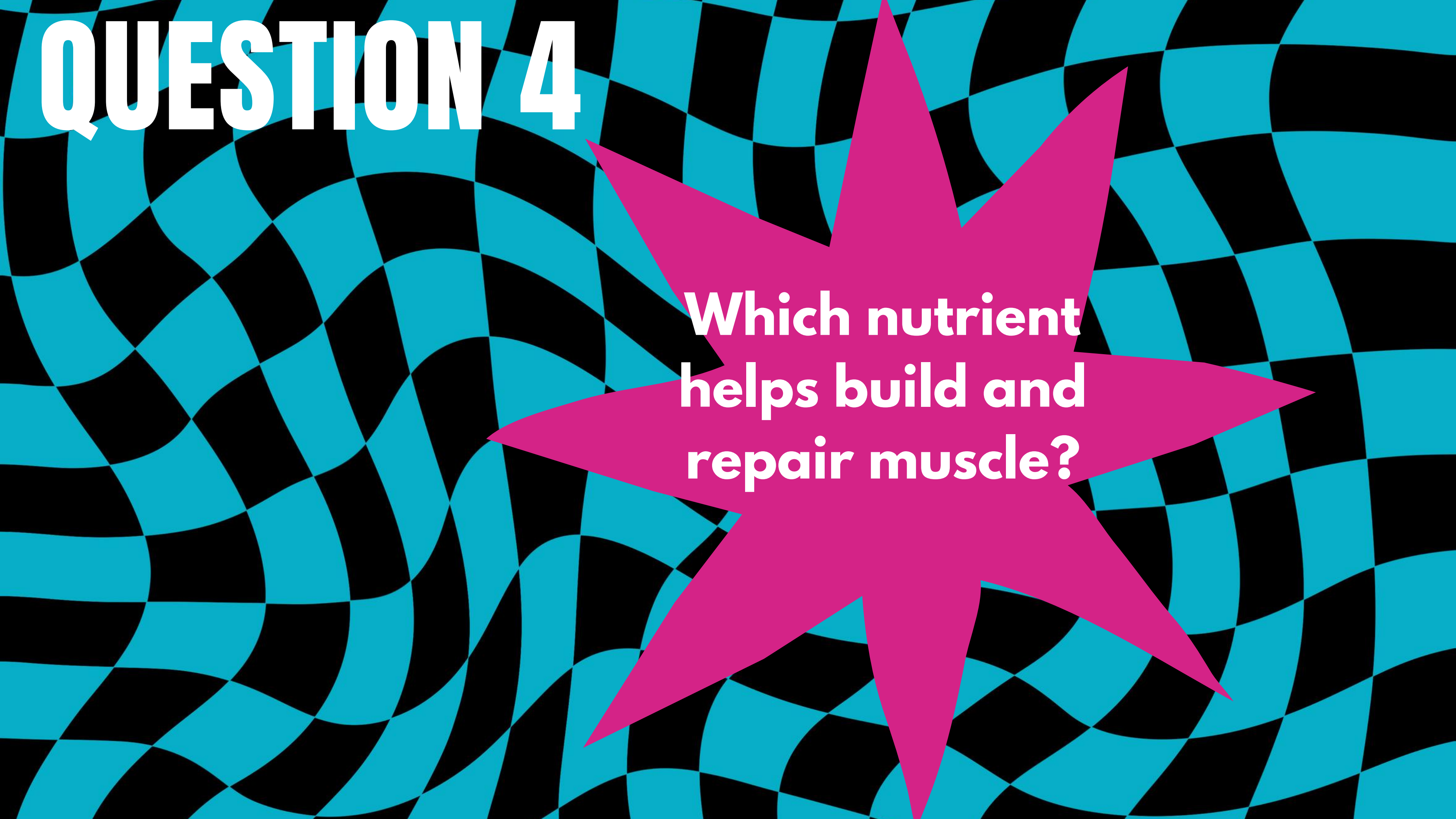
QUESTION 3

**What organ helps
detoxify the body
by metabolizing
harmful
substances so the
body can
eliminate them?**

ANSWER 3



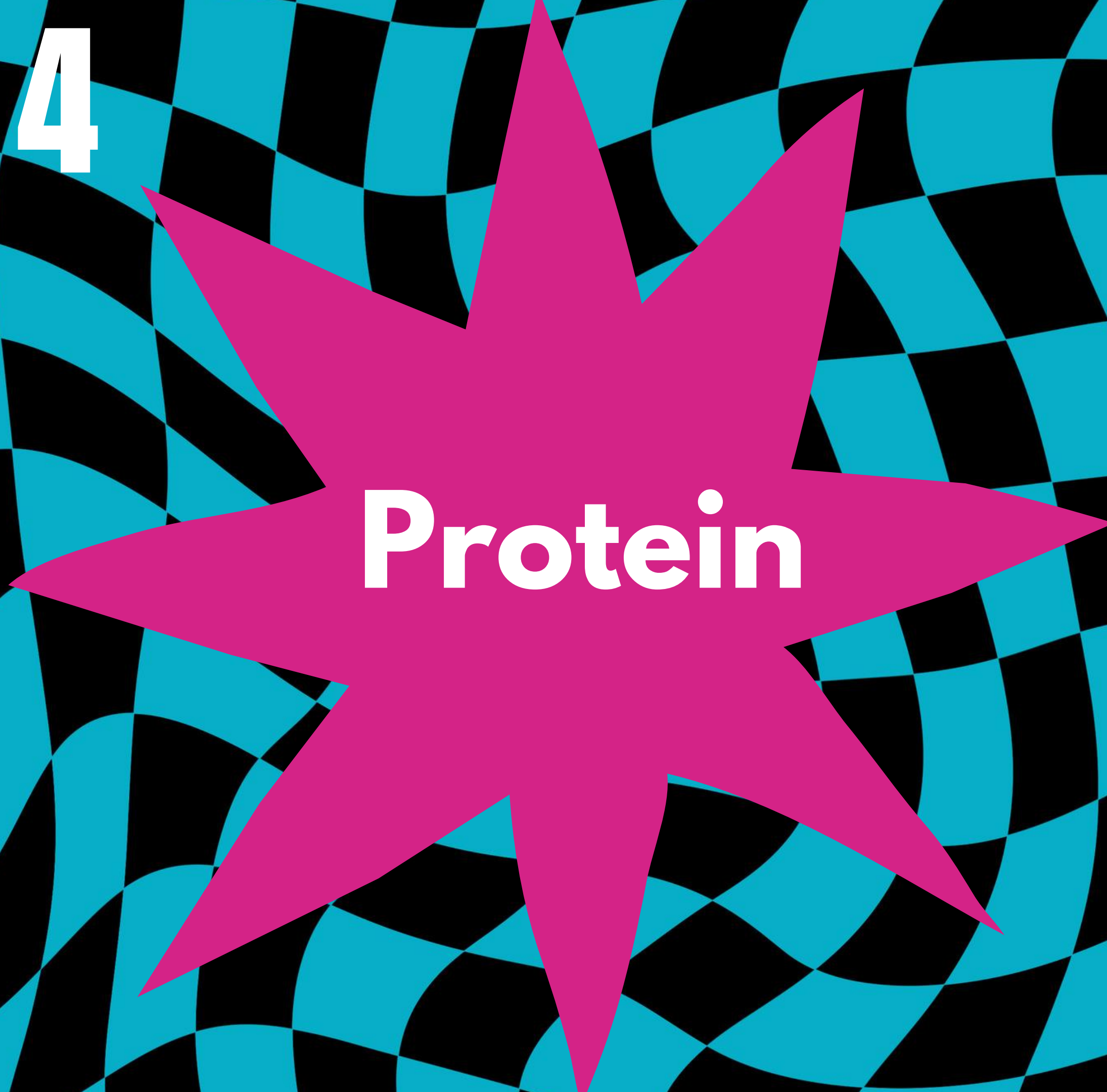
Liver



QUESTION 4

**Which nutrient
helps build and
repair muscle?**

ANSWER 4



Protein

QUESTION 5

**Name one benefit
of regular
physical activity
besides weight
control.**

ANSWER 5



**Improved mood,
stronger heart,
better sleep, etc.**

QUESTION 6

**What is the term
for the practice of
paying full
attention to the
present moment?**

ANSWER 6



Mindfulness

QUESTION 7

Which vitamin is especially important for immune system function and is commonly found in citrus fruits?

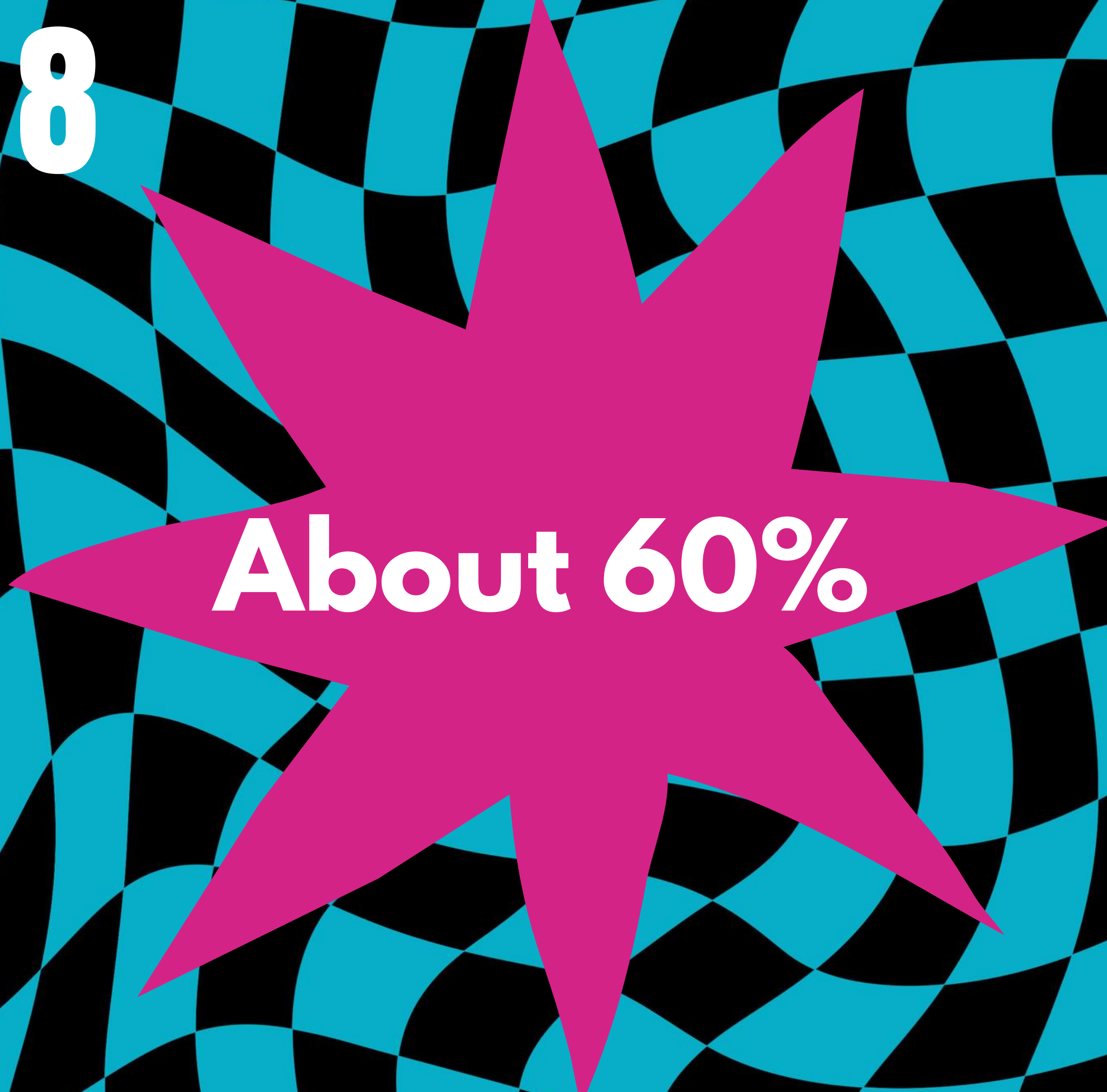
ANSWER 7

Vitamin C

QUESTION 8

**What is the
approximate
percentage of the
human body made up
of water?**

ANSWER 8



About 60%

QUESTION 9

**Which exercise is
best known for
improving
cardiovascular
endurance?**

ANSWER 9



Running,
cycling,
swimming, etc.

QUESTION 10

**True or False:
Chronic stress
can negatively
affect physical
health.**



ANSWER 10

True



ROUND 3

QUESTION 1

**What is the
scientific name
for “good
cholesterol”?**

ANSWER 1

**HDL (High-Density
Lipoprotein)**

QUESTION 2

**Which hormone
helps regulate
sleep cycles?**

ANSWER 2

Melatonin



QUESTION 3

**What condition
is linked to
prolonged high
blood
pressure?**

ANSWER 3

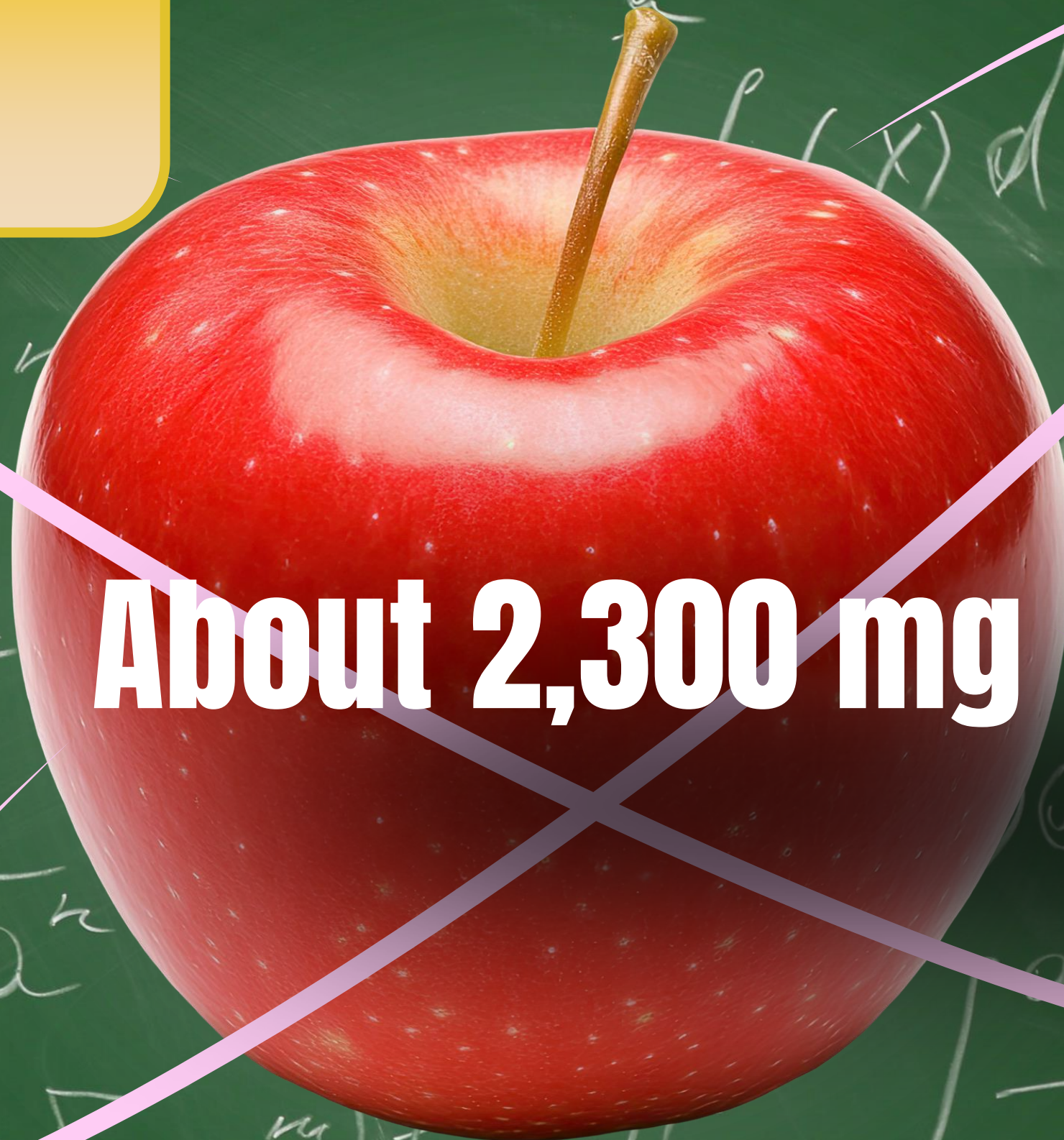
**Heart disease /
stroke / kidney
disease**

QUESTION 4

What is the recommended daily sodium limit for most adults according to many health guidelines?

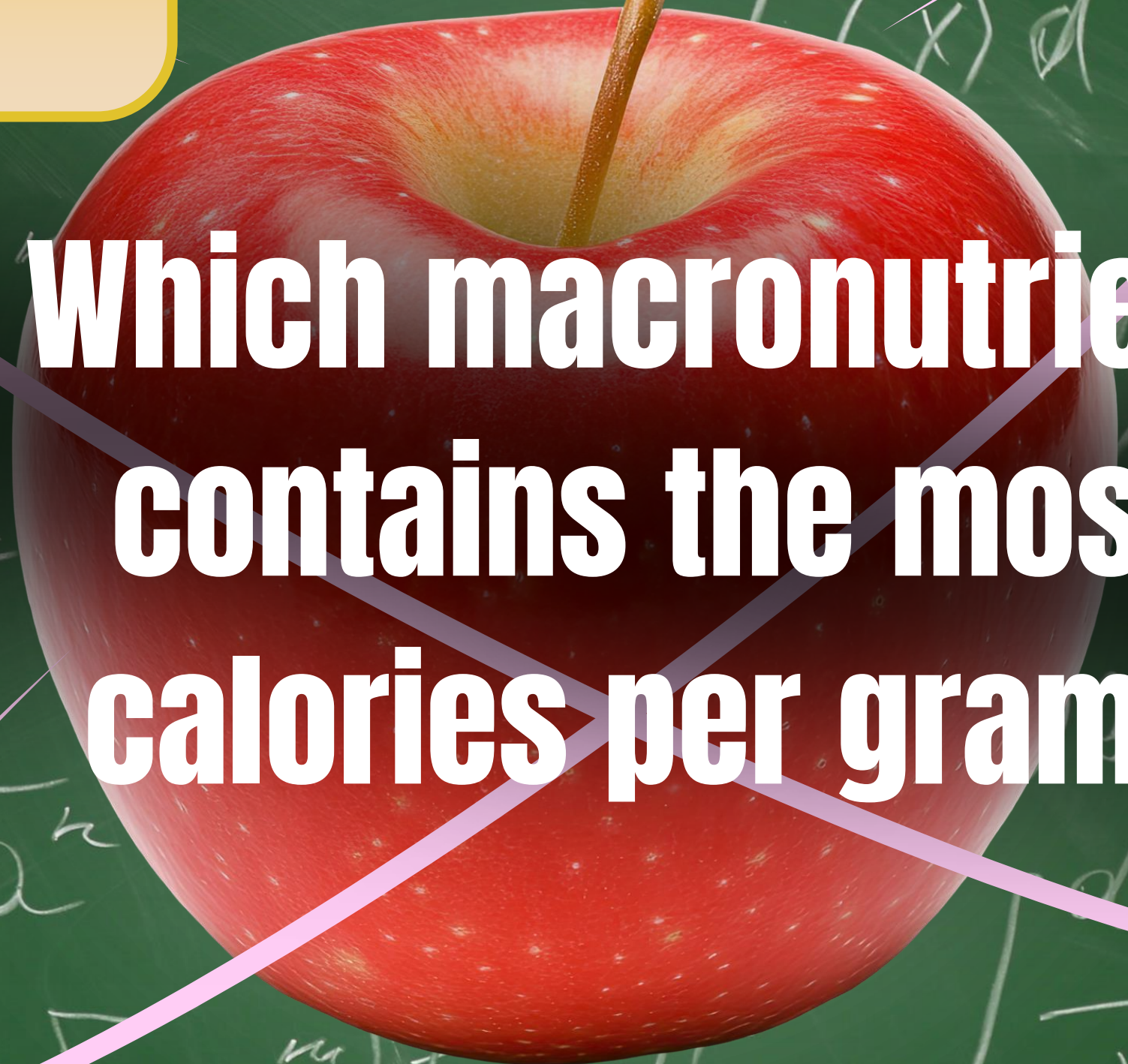
ANSWER 4

About 2,300 mg



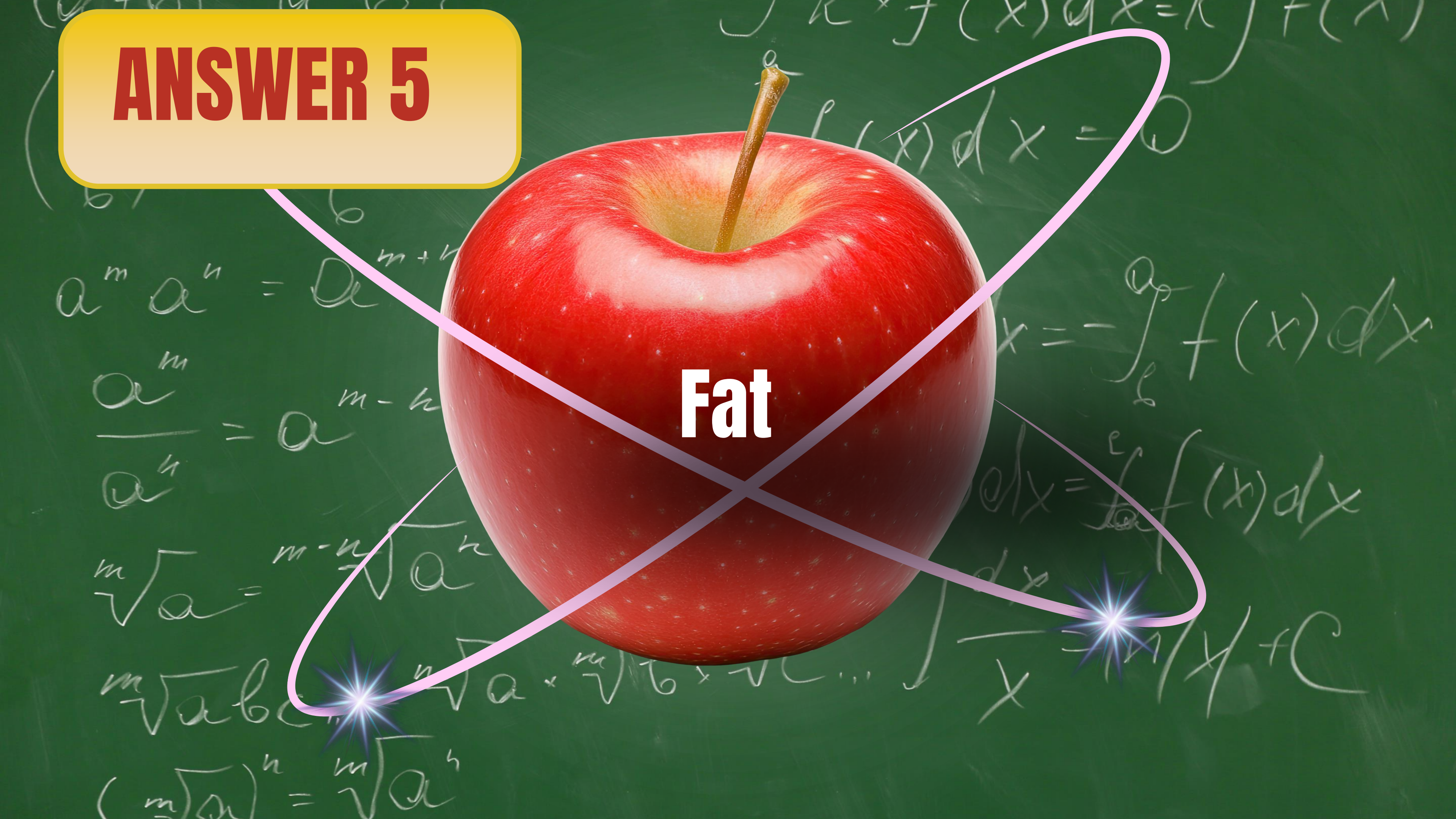
QUESTION 5

**Which macronutrient
contains the most
calories per gram?**



ANSWER 5

Fat



QUESTION 6

**What does the term
“sedentary lifestyle”
mean?**

ANSWER 6

**Little to no physical
activity**



QUESTION 7

Which part of the brain is heavily involved in stress responses?

ANSWER 7

Amygdala

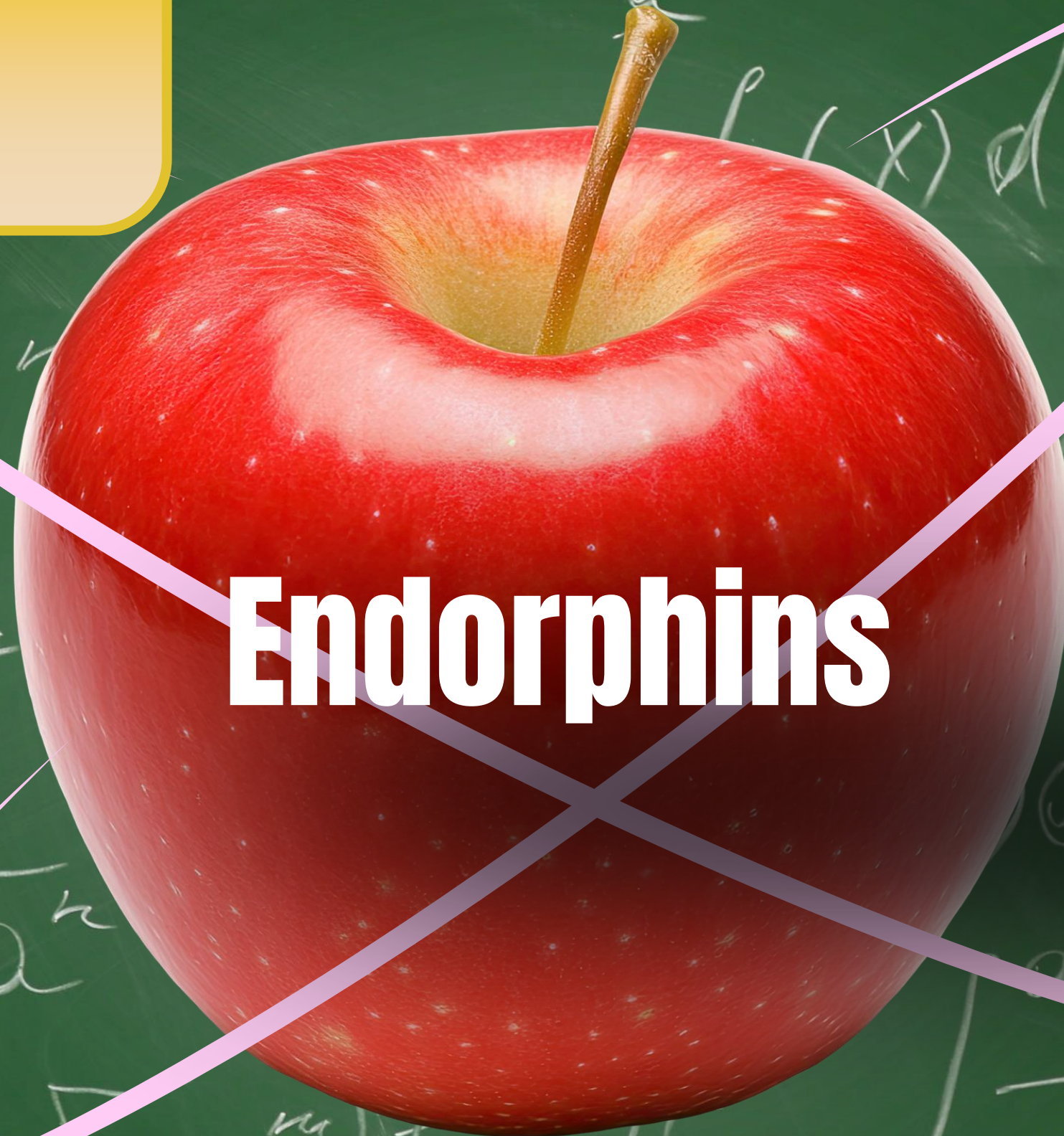


QUESTION 8

**What is the name of
the body's natural
“feel-good”
chemicals often
released during
exercise?**

ANSWER 8

Endorphins



QUESTION 9

Which type of training alternates short bursts of intense exercise with rest periods?

ANSWER 9

**HIIT (High-Intensity
Interval Training)**

QUESTION 10

**Why is dietary fiber
important for
digestive health?**



ANSWER 10



**It keeps bowel
movements regular
by adding bulk and
softening stool**

B O N U S
R O U N D

Q U E S T I O N
1

Which fruit is famously
associated with keeping
the doctor away?

A N S W E R

1

Apple

QUESTION

2

Which popular activity tracks steps, heart rate, and sleep using wearable technology?

A

N

S

W

E

R

2

Fitness
Tracking

QUESTION

3

Which color of vegetables
is often associated with
high antioxidant content:
green, orange, or purple?

A N S W E R

3

Purple

QUESTION

4

What is the term for eating a wide variety of foods in proper proportions?

A

N

S

W

E

R

4

Balanced diet

QUESTION

5

Which everyday activity
can burn more calories
than sitting: standing or
sleeping?



A

N

S

W

E

R

5

Standing

TIE- BREAKERS

QUESTION 1

**What is the best indicator that
your body is properly
hydrated?**

ANSWER 1

Urine Color

QUESTION 2

True or False:
**The body is at its lowest
resting heart rate during REM
(dreaming) sleep.**

ANSWER 2

False