



Kube Medical Christmas Quiz 2025

Round 1: General Knowledge

1. What is the only mammal capable of true flight?
2. Which planet in our solar system has the most moons?
3. In what year did the first iPhone launch?
4. Which vitamin is primarily produced when human skin is exposed to sunlight?
5. What is the hardest natural substance on Earth?
6. Which British river is the longest?
7. What is the national flower of Japan?
8. How many bones are in the adult human body?
 - A) 196 B) 206 C) 216
9. What is the capital city of New Zealand?
10. Which element has the chemical symbol Fe?

Round 2: Music

1. Which band released the 1975 album "A Night at the Opera"?
2. Which singer holds the record for most UK Christmas No.1 singles?
3. "Smells Like Teen Spirit" was a hit for which band?
4. What musical instrument has 47 strings and 7 pedals?
5. Which pop star is known as the "Queen of Christmas"?
6. Who won Eurovision for the UK with the song "Making Your Mind Up"?
7. Which classical composer became completely deaf later in life?
8. In which decade was Spotify founded?
9. "Back to Black" was an album by which British artist?
10. Which famous Christmas song begins with the lyrics:
11. "It's Christmas time, there's no need to be afraid..."?

Round 3: Sport

1. How many players are on a rugby union team (per side) during play?
2. Which country invented the sport of badminton?
3. In tennis, what piece of body protection did the Wimbledon rules first mandate?
 - A) Knee supports B) Tennis elbow straps C) Proper tennis shoes
4. Who holds the men's record for the fastest 100m sprint?
5. In football, which position traditionally wears the number 1 shirt?
6. Which sport uses the terms "bogey", "birdie", and "eagle"?
7. What is the object hit back and forth in ice hockey called?
8. The Olympic Games originated in which ancient civilisation?
9. In which city were the 2012 Summer Olympics held?
10. How long is a marathon?
 - A) 26.2 miles B) 28.2 miles C) 24 miles





Round 4: Geography

1. Which country has the longest coastline in the world?
2. Mount Kilimanjaro is located in which country?
3. What is the capital city of Canada?
4. The Danube River flows through how many countries?
 - A) 4 B) 10 C) 22
5. Which desert is the largest hot desert on Earth?
6. Which continent has the most countries?
7. What is the smallest country in the world by land area?
8. Which UK national park is home to Scafell Pike?
9. The Great Barrier Reef lies off the coast of which Australian state?
10. What is the world's deepest ocean trench?

Round 5: History

1. Who was the first woman to win a Nobel Prize?
2. Which empire built the famous road network that inspired many modern highways?
3. In which year did the Berlin Wall fall?
4. Who was the British Prime Minister during most of World War II?
5. Which ancient civilisation built Machu Picchu?

Round 6: Christmas Round

1. In A Christmas Carol, what is Scrooge's first name?
2. Which country is credited with starting the tradition of the Christmas tree?
3. How many reindeer (including Rudolph) pull Santa's sleigh?
 - A) 8 B) 9 C) 10
4. What is the best-selling Christmas single of all time?
5. In the song "The Twelve Days of Christmas", how many total gifts are given?



Weight Management – Start the New Year With Support That Works

A structured weight-management programme can make all the difference when you're trying to build healthier habits. With professional guidance, personalised plans and ongoing support, you can work towards your goals safely and sustainably. Small, consistent changes—backed by expert advice—help you feel your best without the guesswork.

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Answers

Round 1: General Knowledge

1. Bat
2. Jupiter
3. 2007
4. Vitamin D
5. Diamond
6. River Severn
7. Cherry blossom (Sakura)
8. B) 206
9. Wellington
10. Iron

Round 2: Music

1. Queen
2. The Beatles
3. Nirvana
4. Harp
5. Mariah Carey
6. Bucks Fizz
7. Ludwig van Beethoven
8. 2000s (founded 2006)
9. Amy Winehouse
10. "Do They Know It's Christmas?"

Round 3: Sports

1. 15
2. India
3. C) Proper tennis shoes
4. Usain Bolt
5. Goalkeeper
6. Golf
7. Puck
8. Ancient Greece
9. London
10. A) 26.2 miles

Round 4: Geography

1. Canada
2. Tanzania
3. Ottawa
4. B) 10
5. Sahara Desert
6. Africa
7. Vatican City
8. Lake District
9. Queensland
10. Mariana Trench

Round 5: History

1. Marie Curie
2. The Roman Empire
3. 1989
4. Winston Churchill
5. The Inca civilisation

Round 6: Christmas Round

1. Ebenezer
2. Germany
3. B) 9
4. "White Christmas" by Bing Crosby
5. 364 gifts



Gait Analysis – Move Better, Feel Better This New Year

Thinking of starting a new fitness routine? A gait analysis can highlight imbalances, inefficient movement patterns or potential injury risks before they slow you down. By understanding how your body moves, you can train smarter, reduce discomfort and make real progress with confidence.

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