



National Men's Health Week 2010
Men and Physical Activity
A Question of Health
Quiz sheets and answers
www.menshealthforum.org.uk



A Question of Health



A Question of Health 1



1. Who's the odd footballer out?

Clue: although this is a sports-based quiz it's called a Question of Health so think injuries.

a) Jermain Defoe b) Cristiano Ronaldo c) Robin Van Persie d) Wayne Rooney

2. Which sporting great imagines that every minute of his day is being recorded by a hidden video camera? He pretends that anything he does of which he is less than proud will be screened back to himself and the people he loves most.

a) John Terry b) Monty Panesar c) Tiger Woods d) Jonny Wilkinson

3. Australian swimmer Ian Thorpe won five Olympic golds but as a child he had a potentially career ending health problem.

a) he was scared of water b) he was allergic to chlorine c) he had agrophobia and was unable to go the pool d) he kept breaking a bone in his oversized feet

4. True or False: You burn more calories per hour walking slowly than walking quickly.

5. During his test career Shane Warne had the beating of many an opposition batsman. When one of these came out to face him at the start of a new series Warne smirked: 'I've been waiting for two years to humiliate you again.' The batsman reputedly replied: 'Looks like you spent it eating.' Who was the wit?

a) Daryll Cullinan b) Mike Gatting c) Hashan Tillakaratne d) Alec Stewart

6. The plank is an exercise which involves:

a) lifting a plank of wood b) lying on a plank of wood c) keeping still for as long as possible d) using the pectoral muscles

7. True or False: 60% of the calories burned when you walk are fat compared to 40% when you run.

8. Who's odd sportsman out?

Clue: the picture clue on the web version is of a reclining woman with an apple!

a) Berti Vogts b) Linford Christie c) Gary Kirsten d) Muhammad Ali

9. The most common football injury is a pulled hamstring but where is the hamstring?:

a) thigh b) calf c) groin d) ear

10. Which burns the most calories?

a) sky diving b) golf (carrying your own clubs) c) cricket d) sex

11. Detroit Tigers baseball pitcher Joel Zumaya missed several games in 2006 when he strained his arm doing what?

a) playing Guitar Hero on Playstation b) collecting his meal at a MacDonald's drive-in
c) striking out Barry Bonds d) playing touch football with his son Bob

12. True or false: Regular walking reduces the risk of heart disease by about 20%.

13. Who is the odd World Cup star out?

a) Dino Zoff b) Norman Whiteside c) Peter Shilton d) Roger Milla

14. Which England goalkeeper was injured when he dropped a bottle of salad cream on his foot?

a) Gordon Banks b) Alex Stepney c) David Seaman d) Dave Beasant

15. Final odd one out

Clue: the picture clue was of MHF president Dr Ian Banks

a) James Toseland b) Jimmy White c) Jack Russell d) Dr Ian Banks

You can also do this quiz online at malehealth.co.uk. Winners online will be invited to the national launch event of National Men's Health Week 2010 to compete at A Question of Health against a celebrity team. There will be sporting prizes for the winning team. Only one entry per person.

A Question of Health 2



1. Which creature do French rugby fans traditionally let loose in the ground before the start of a game?

- a) Jacques Chirac b) A cockerel c) A frog d) A bull

2. What childhood disease is also known as varicella?

- a) chicken pox b) mumps c) German measles d) rubella

3. Odd one out.

- a) Ayrton Senna b) Gilles Villeneuve c) Elio de Angelis d) Niki Lauda

4. In official conker rules, how many strikes are permitted per turn?

- a) 1 b) 2 c) 3 d) 4

5. In his 2009 autobiography, which of the following did Andre Agassi not admit to?

- a) Wearing a wig b) Taking amphetamines c) Disliking tennis d) Being a registered Republican

6. What is high blood pressure also known as?

- a) hypermarket b) hypertension c) hypertensile d) hyperactivity

7. Which of these injuries has Andrew Flintoff never suffered from?

- a) Broken left finger b) Broken nose c) Broken left foot d) Torn meniscus in his right knee

8. Who made the first officially recognised maximum 147 break in snooker?

- a) Joe Davis b) Fred Davis c) Steve Davis d) Mark Davis

9. Why is Lasse Viren's 10,000m gold in the 1972 Olympics often considered the 'greatest sporting comeback ever'?

- a) he hadn't finished higher than 5th in a big race for 2 years
b) he fell over and got up to beat the world record
c) he cut himself and finished the race without any spikes on
d) he was 200m behind with two laps to go

10. Who appeared in a TV advert for bacon just before the 1998 World Cup?

- a) David Beckham b) Eric Cantona c) Peter Schmeichel d) Ryan Giggs

11. Former Open Golf champion John Daly returned to competitive golf last year after:

- a) Weightloss surgery b) Checking out of the Betty Ford clinic
c) Being treated for a gambling addiction d) Quitting smoking

12. The oldest men's Olympic 100m champion was 32. Who was he?

- a) Allan Wells b) Ben Johnson c) Carl Lewis d) Linford Christie

13. How do you spell the name of the part of the brain that controls muscular movements, balance and co-ordination?

- a) Cerebellum b) Cerrebelum c) Cerebbelum d) Hypothalamus

14. Which of these is not an organised sport in at least one country?

- a) Husband carrying b) Camel wrestling c) Trampoline volleyball d) Cane toad racing

15. Final odd one out

Clue: this question has nothing to do with health, the hand of God or faith-healing and appears entirely at the editor's whim.

- a) Diego Maradona b) Robbie Keane c) Glenn Hoddle d) David Ginola

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A Question of Health 3: meet our celebrity supporters



1. Former England wicket-keeper Jack Russell is also an excellent:

a) Doctor b) Author c) Artist d) Footballer (midfield)

2. Moto GP rider Jorge Lorenzo was born in?

a) Majorca b) Minorca c) Ibiza d) Madrid

3. Dr Mark Porter first came to the attention of the wider public as the resident doctor on whose radio show?

a) Terry Wogan b) Chris Evans c) Howard Stern d) Jimmy Young

4. Superbike champion James Toseland is also an accomplished:

a) Pianist b) Flautist c) Drummer d) Ballet dancer

5. Rugby league legend Steve Prescott MBE completed this year's London marathon in:

a) 3 hours 34 minutes b) 4 hours 24 minutes c) 4 hours 30 minutes d) 4 hours 34 minutes

6. Motorcyclist Leon Haslam is nicknamed:

a) Lightning Leon b) The Pig Farmer c) Pocket Rocket d) Have a go Haslam

7. Which of these teams did former Charlton goalkeeper Nicky Johns not also play for?

a) QPR b) Millwall c) Tampa Bay Rowdies d) Erith Town

8. Luton, Newcastle and Arsenal striker Malcolm Macdonald scored six times for England. Five were in one game against Cyprus. Who was the other against?

a) Brazil b) West Germany c) Wales d) Sweden

9. Jimmy White appeared in how many World Snooker Championship finals?

a) 5 b) 6 c) 7 d) 8

10. Former World Darts Champion Andy 'the Viking' Fordham walks up to the oche to what music?

a) I'm Too Sexy – Right Said Fred b) Waterloo – Abba c) Crazy Nights – Kiss

d) Fanfare for the Common Man - Aaron Copland

11. The theme tune to Keith Arthur's Fisherman's Blues radio show is performed by:

a) The Waterboys b) Hootie and the Blowfish c) Keith Arthur d) Louis Armstrong

12. TV gardener Joe Swift is the son of which leading post-war novelist?

a) Margaret Drabble b) Marilyn French c) Iris Murdoch d) Barbara Cartland

13. Film maker Declan Lowney is said to be planning a film of the life of Eddie 'The Eagle' Edwards, the former British Olympic ski-jumper. Who is said to be lined up for the lead role?

a) Brad Pitt b) Rupert Grint c) Steve Coogan d) Eddie Edwards

14. Ex Sheffield Wednesday, Leeds and Rangers footballer Mel Sterland starred in which film?

a) Boozing, Betting and Brawling b) Escape To Victory c) The Full Monty d) When Saturday Comes

15. What proportion of men aged 35-44 say they take the Chief Medical Officer's recommended amount of exercise per week? (30 minutes or more of vigorous exercise on five days a week)

a) 49% b) 44% c) 41% d) 32%

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A Question of Health Answers

Quiz 1 - the prize quiz

1. Ronaldo - It's the Portuguese plunger, the rest have all had metatarsal injuries.
- 2) Wilkinson - It's Jonny! He revealed his somewhat unusual motivation method to The Guardian in 2005.
- 3) he was allergic to chlorine - Because of his allergy Thorpe didn't race till he was 7.
- 4) True - because when you move more quickly you build up momentum
- 5) Daryll Cullinan - It was the South African. Cullinan was said to have sought the help of a therapist to overcome Warne's psychological hold on him but on this occasion at least he had the last laugh.
- 6) keeping still for as long as possible - An exercise without movement - how good is that? Malehealth fitness expert Scott Pearson will show you how to do it.
- 7) True - As you exercise harder you use a greater proportion of carbohydrate and smaller proportion of fat so periods of low intensity exercise (walking) will, in terms of fat loss, can give the same results as shorter periods of high intensity exercise (running).
- 8) Gary Kirsten - When Indian cricket coach he allegedly encouraged players to have sex before a big match – all the others preached abstinence.
- 9) thigh - Make sure you warm-up. Malehealth's Online Gym will show you how.
- 10) sex - BUT this assumes you spend the same amount of time on each activity. Few men spend five minutes playing a round of golf or a game of cricket. On the other hand ...
- 11) playing Guitar Hero on Playstation - Apparently the credits for Guitar Hero II read: No pitchers were harmed in the making of this game. Except for one. Joel Zumaya.
- 12) False - it's more like 31%. More on malehealth.co.uk.
- 13) Norman Whiteside - Manchester United midfielder scrapper Whiteside was the youngest player ever in the world cup finals at 17 years and 41 days. The others were all the oldest: Milla the oldest player in the finals (42 years and 39 days) Zoff the oldest player in the final (40 years and 133 days) and Shilts the oldest captain (40 years and 292 days).
- 14) Dave Beasant - The former Wimbledon keeper Beasant was injured this way but the others weren't much better. Stepney once dislocated his jaw shouting at his defenders, Banks missed England's 1970 World Cup quarter final against West Germany after a dodgy lager and Seaman once put his back out picking up the TV remote control!
- 15) Dr Ian Banks - All are backing this year's Men's Health Week and all are legends in their field but Ian's the only one who has written a mini-manual full of ideas to help you get more active.



Quiz 2 - the practice quiz

1. A cockerel - Chirac has been known to attend sports events. French goalie Fabien Barthez allegedly kissed him after France won the 1998 World Cup but even that wasn't enough to send the ex-president flying around the stadium squawking.
- 2) chicken pox - Gain one geek bonus point if you knew that Varicella was also a computer game.
- 3) Niki Lauda - All were killed in Formula 1 accidents except Lauda. He was seriously burned in an accident at the 1976 German Grand Prix at the fearsome Nürburgring Nordschleife, a track he'd argued drivers should boycott on safety grounds.
- 4) 3 - Apparently, the first recorded game of conkers using horse chestnuts was on the Isle of Wight in 1848. 1848 was the year of revolutions across Europe; the Brits were playing conkers.
- 5) Being a registered Republican - Agassi is actually a Democrat and has donated over \$100,000 to Barack Obama's party down the years.
- 6) hypertension - If you're stressed from trying to remember the correct word for high blood pressure, you need to get your checked. Visit malehealth.co.uk.
- 7) Broken left finger - Freddie has had serious injuries in at least ten different places, as well as his nose, foot and knee, he has a dodgy left ankle, a bad back, a strained side, a groin problem, a hip muscle tear and a hernia. Both hands have emerged unscathed.
- 8) Joe Davis - Joe did it in 1955. Steve made the first televised one in 1982. Only Mark is not a former snooker world champion.
- 9) he fell over and got up to beat the world record - The 23 year old Finnish policeman fell halfway round but got up to overtake British front runner David Bedford and set a world record of 27min 38.4sec. Ten

days later, he also won the 5,000m - a double that he repeated in Montreal in 1976. More recently he has been a Finnish MP.

10) Peter Schmeichel - Becks and King Eric have advertised everything from Eurostar to the Irish lottery, Pepsi to Marks and Spencer but it was the great Dane Schmeichel who brought home the bacon (100 calories in every two rashers by the way - 80% from fat).

11) Weightloss surgery - Daly has had problems with all of these in the past but it was the gastric band surgery that permitted his 2009 comeback

12) Linford Christie - 1976 winner Wells was, at 28, the oldest until Christie eclipsed him. Lewis, arguably the greatest Olympic athlete of all time, won the last of his 8 golds in the long jump at the age of 35.

13) Cerebellum - Stroke, alcoholism and accidents can all damage the brain. More on head health on malehealth.co.uk.

14) Husband carrying - The annual Camel Wrestling Championship is held in Turkey – sadly, it's not man onto beast but two male camels. Cane toad racing is popular in Northern Queensland. Trampoline volleyball is better known as Bossaball and originated in Belgium. The Finnish Wife Carrying Festival is held in early July.

15) David Ginola - They've all worn the number 10 shirt for Tottenham Hotspur except the fancy Frenchman who always wore number 14. Maradona wore it just once: in Ossie Ardiles testimonial.

Quiz 3 - meet our celebrity supporters

1. Artist - Russell has a gallery in Chipping Sodbury. He was also goalkeeping coach to Forest Green Rovers.

2) Majorca - Lorenzo who is only 23 (May 2010) is already the most successful Spanish rider of all time in the 250cc GP class.

3) Jimmy Young - MHF patron Porter is still a practising GP.

4) Pianist - He has his own band – Crash – and once played piano on the BBC's Sports Personality of the Year show.

5) 4 hours 24 minutes - Clocking 4:24, Steve, running for the Steve Prescott Foundation, was delighted to beat his dad Eric's time from 1981 of 4 hours 30 minutes.

6) Pocket Rocket - Pocket Rocket is after his father 'Rocket' Ron Haslam – also a famous motorcyclist. Leon the Pig Farmer is a film about a Jewish estate agent who discovers that his real father owns a Yorkshire pig farm.

7) Erith Town - He managed Erith Town in 2002-03. Johns was named Charlton's Player of the Year three times: 1981, 1983 and 1984.

8) West Germany - Don Revie's England beat then World Champions West Germany 2-0 in 1975 - Macdonald and Colin Bell got the goals. Supermac made his England debut against Wales and finished his career in Sweden before retiring prematurely with a knee injury at 29.

9) 6 - Born in May 1962 and growing up in Tooting (and there's no finer start to a CV than that), White is arguably the best snooker player never to win the World Championship.

10) I'm Too Sexy – Right Said Fred - Yes, Fred's too sexy for his shirt. Kiss was the choice of crafty cockney Eric Bristow and the common man is Phil Taylor.

11) The Waterboys - Keith will be the compere at the Question of Health launch quiz for Men's Health Week to be held at West Ham's football ground in June. Other sporting celebs featured in this quiz will be there too. Book your place by taking the prize quiz.

12) Margaret Drabble - Joe's father is Keeping Up Appearances star Clive Swift.

13) Rupert Grint - For all the jokes made at Eddie's expense – mostly by him, don't forget he was the nation's best at what he did – and few men can say that. Pitt was supposedly the former British ski jump record holder's choice for the role and Coogan was said to be in the frame before Ron out of Harry Potter landed the role.

14) When Saturday Comes - Boozing, Betting & Brawling was the title of the 2008 autobiography by the man Wednesday fans nicknamed Zico. Having played once for England, he too retired early with injury at 29.

15) 44% - According to the 2008 Health Survey for England, 44% of men aged 35-44 claim they meet the CMO's guidelines (30 minutes or more of vigorous exercise on five days a week). This is compared to 41% of men aged 45-54 and 32% of men aged 55-64. The MHF's aim for Men's Health Week is to get men in all these age groups up to the level of men aged 25-34: 49%. That means we need to get 1.1 million men more active. Will you be one of them?

For full explanations of all the answers go online at malehealth.co.uk.