



Your Health/Fitness Passport Through



We know it can be kind of tough to find your way through The MAiZE—it's designed to be that way. This passport can help guide wandering maze goers—depending on how much you know about health and fitness—through the correct pathway. When you come to a numbered sign inside the maze, stop and answer the corresponding question on this passport. While facing the sign, turn the direction of the answer you choose.

- 1** You need calcium to keep your teeth and bones strong. Which of these foods has the most calcium?
- Grapes (turn right)
 - Oranges (turn left)
 - Broccoli (turn left)

- 2** Which of these orange foods is good for your eyes?
- Pumpkin (turn right)
 - Carrot (turn left)
 - Apricot (turn right)
 - All of the above (turn left)

- 3** Which is the most common blood type?
- O Positive (turn left)
 - AB Negative (turn right)
 - B Positive (turn right)
 - O Negative (turn left)

- 4** True or False? Always look on the bright side...being an optimist can help you live longer.
- false (turn left)
 - true (turn right)

- 5** Placed end to end, the blood vessels in your body would measure:
- Around the world 1.5 times (turn right)
 - From New York to Florida (turn left)
 - From Alaska to Puerto Rico (turn left)
 - From Africa to Washington (turn right)





6

At birth we each have around 300 bones. As we grow up, bones begin to fuse together. How many bones do we typically have as adults?

- a. 255 (turn left)
- b. 182 (turn left)
- c. 206 (turn right)

7

What is the strongest bone in the human body?

- a. Frontal skull (turn right)
- b. Femur (turn left)
- c. Jawbone (turn right)
- d. Clavical (turn left)

8

How many muscles do you move when you blink an eye?

- a. 200 (turn left)
- b. 5 (turn right)
- c. 550 (turn right)

9

How many calories do you have to burn to lose one pound?

- a. 1,000 (turn left)
- b. 100 (turn left)
- c. 3,500 (turn right)

10

At the age of 80, the average person will have walked how many miles?

- a. 110,000 miles (turn left)
- b. 1 million miles (turn right)
- c. 500,000 miles (turn right)



answers: c, d, a, b, a, c, b, a, c, a

