

PLACE A BET ON 13 MATCHES

| | | 1 | X | 2 |
|----|--|----------------------|----------------------|----------------------------------|
| 1 | Your creativity increases when you walk. But by how much? | 25% | 40% | 60% |
| 2 | How much do you reduce the risk of cardiovascular diseases with daily walks? | 10% | 15% | 30% |
| 3 | Walking has been known to be healthy for many years. But who said, "Walking is the best medicine"? | Søren Kierkegaard | Hippokrates | Friedrich Nietzsche |
| 4 | Daily walks reduce the risk of type 2 diabetes. But by how much? | 10% | 50% | 75% |
| 5 | How many steps does a 30-minute brisk walk give? | 2000-3000 steps | 3000-4000 steps | 4000-5000 steps |
| 6 | How much is the risk of dementia reduced if you walk for 30 minutes every day? | 20% | 30% | 40% |
| 7 | What else do daily walks help with? | Concentration | Insomnia | Men's ability to get an erection |
| 8 | How much should you walk weekly at a brisk pace to counteract depression? | 4 hours | 6 hours | 10 hours |
| 9 | How fast do people walk on average? | 5 km/h | 6 km/h | 7 km/h |
| 10 | Does music in the ears affect your walking speed? | Yes, you walk faster | Yes, you walk slower | No, it has no effect |
| 11 | How much is the risk of breast cancer reduced if you walk 30 minutes daily? | 40% | 50% | 75% |
| 12 | What is the world's largest measured shoe size ever? | 60 | 66 | 71 |
| 13 | How many steps correspond to 15 minutes of cycling at a moderate pace? | 1000 steps | 1500 steps | 2000 steps |



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PLACE A BET ON 13 MATCHES - ANSWER

| | | 1 | X | 2 |
|----|--|---------------------------------------|--|--|
| 1 | Your creativity increases when you walk. But by how much? | 25% | 40% | 60% |
| 2 | How much do you reduce the risk of cardiovascular diseases with daily walks? | 10% | 15% | 30% |
| 3 | Walking has been known to be healthy for many years. But who said, "Walking is the best medicine"? | Søren Kierkegaard | Hippocrates, who lived around 400 BC, said this. | Friedrich Nietzsche |
| 4 | Daily walks reduce the risk of type 2 diabetes. But by how much? | 10% | 50% | 75% |
| 5 | How many steps does a 30-minute brisk walk give? | 2000-3000 steps | 3000-4000 steps | 4000-5000 steps |
| 6 | How much is the risk of dementia reduced if you walk for 30 minutes every day? | 20% | 30% | 40% |
| 7 | What else do daily walks help with? | Concentration | Insomnia | Men's ability to get an erection |
| 8 | How much should you walk weekly at a brisk pace to counteract depression? | 4 hours weekly. Preferably in nature. | 6 hours | 10 hours |
| 9 | How fast do people walk on average? | 5 km/h | 6 km/h | 7 km/h |
| 10 | Does music in the ears affect your walking speed? | Yes, you walk faster | Yes, you walk slower | No, it has no effect |
| 11 | How much is the risk of breast cancer reduced if you walk 30 minutes daily? | 40% | 50% | 75% |
| 12 | What is the world's largest measured shoe size ever? | 60 | 66 | The world's tallest man, Robert Wadlow (2.72 m), wore size 71 shoes (his feet were 47 cm long) |
| 13 | How many steps correspond to 15 minutes of cycling at a moderate pace? | 1000 steps | 1500 steps | 2000 steps |



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