



“All Things Foot” Trivia

1. How many steps does the average toddler take in a minute?
 - A. 1, 000 steps
 - B. 176 steps
 - C. 500 steps
 - D. 250 steps
2. Which tendon in the foot was named after a Greek hero?
 - A. Napoleon Dynamite
 - B. Achilles
 - C. Odysseus
 - D. Hercules
3. Your feet have over _____ sweat glands in it.
 - A. 1, 000
 - B. 50
 - C. 250,000
 - D. 10, 000
4. Bigfoot is also known as...
 - A. Sasquatch
 - B. Yeti
 - C. Chiye-tanka
 - D. Yowie
 - F. All of the above
5. How many muscles are needed to make your foot move?
 - A. 5
 - B. 35
 - C. 20
 - D. 116
6. What is the average amount of sweat your feet will release in a day?
 - A. 1 cup
 - B. 1 gallon
 - C. 1 teaspoon
 - D. 1/4 cup
7. Tight pantyhose can cause foot problems
 - A. True
 - B. False
8. There are more than _____ ligaments in each foot.
 - A. 25
 - B. 1, 000
 - C. 5
 - D. 100

9. The average person will walk enough to circle the planet how many times in their lifetime?
- A. 16
 - B. 4
 - C. 1
 - D. 10
10. What is the cause of most foot problems?
- A. Stress
 - B. Salt
 - C. Chocolate
 - D. Shoes that do not fit correctly.
 - E. Walking
11. Back pain can be caused by
- A. The thought of work
 - B. Telepathy
 - C. A blister on the foot
 - D. A toe ring
12. When is the best time of day to try on shoes?
- A. The earlier the better
 - B. Late in the afternoon
 - C. Right after you eat
 - D. Right before bedtime
13. What time of day is the best for clipping your toenails?
- A. After morning errands
 - B. After a shower
 - C. After you are relaxed
 - D. After you have eaten
14. A callus is...
- A. A wart
 - B. A fungus
 - C. Thickened skin on the foot
 - D. Contagious
15. How many bones are in your foot?
- A. 15 bones
 - B. 106 bones
 - C. 26 bones
 - D. 425 bones
16. You can get a wart by...
- A. Touching someone else's wart
 - B. Someone sneezing on you
 - C. Borrowing a pencil
17. Why is it better to be barefoot than to wear shoes?
- A. It toughens out your feet
 - B. It just feels better!
 - C. It balances out the muscles
18. In a day, the average woman takes enough steps to walk?
- A. At least 50 miles
 - B. 10 miles
 - C. 1 miles
 - D. 1/2 mile
19. Which is the best way to cut your toe nails to prevent in-grown nails
- A. Straight across
 - B. Cutting it at a curve following your toe shape
 - C. As short as possible
20. How many miles does an average person walk in a lifetime?
- A. 1 million
 - B. 115, 000 miles
 - C. 4 miles
 - D. 500 miles

“ALL THINGS FOOT” TRIVIA ANSWERS

1. B. 176 steps
2. B. Achilles
3. C. 250,000
4. F. All of the above. These are all names that people use for Big Foot from around the world.
5. C. 20
6. A. 1 cup
7. A. True. Tight pantyhose pull the toes upwards, putting stress on the feet.
8. D. 100
9. B. 4 times
10. D. Shoes that don't fit properly
11. B. A blister on the foot
12. B. Late in the afternoon
13. B. After a shower
14. C. Thickened skin on the foot
15. C. 26 bones
16. A. Touching someone else's wart
17. C. It balances out the muscles
18. B. 10 miles
19. A. Straight across
20. B. 115,000 miles