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Choose the correct answer:  
Chewing gum for a period of time  
will a. provide you with needed  
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c. stimulate the release of gastric  
juices. d. stimulate the releas...

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TRUE or FALSE? 2. Farting helps reduce high blood pressure and is good for your health. TRUE or FALSE? 3. Laughing 100 times is equivalent to 45 minutes of exercise on a stationary bicycle. TRUE or FALSE? 4. Sitting for more than three hours a day can cut two years off a person's life

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~~Long work hours, colleague expectations and the desire to progress can all have a detrimental effect on an employee's health and wellbeing.~~

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~~1. What is Liverpool's main railway station called? Lime Street. 2. According to the song what did the old lady swallow to catch a spider? A Bird. 3. In which US state is Michael Jackson's ranch Neverland? California.~~

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Yes, but any alternative approach must include a suitable and sufficient risk assessment. If you can answer yes to all the questions then your approach is likely to be considered a suitable and sufficient risk assessment for work-related stress: do you include all the steps in the risk assessment process?

~~Mental well-being: questions and  
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2. If you go for a check-up, or are not feeling very well, what kind of person would you go see? 3. Physical activity is essential for your body and can help keep you healthy if you do it for around one hour a day. What is this called? 4.

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~~And Answers~~ which was rejected by the producers) Elton John; Frank Sinatra; Gary Barlow; Round 4: General Knowledge Answers. Uganda; June 23rd; A bat; Israel

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ANSWERS 1. Which activity burns more calories for the average 160 pound person? A. 25 minutes of steady-state treadmill running at 5 miles per hour = 256 calories . 2. More potential repetitions can be performed in the pull up with: D. A wide grip with the forearms supinated - the biceps are in their strongest position and the range of motion is shortened

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