

World Sauntering Day Quiz

1. When is World Sauntering Day celebrated?

- ☐ a) June 10
- ☐ b) July 10
- ☐ c) June 19
- ☐ d) July 19

(Answer: c) June 19)

2. What is the main idea behind World Sauntering Day?

- ☐ a) Promote fast-paced exercise
- ☐ b) Encourage leisurely walking
- ☐ c) Celebrate urban transportation
- ☐ d) Train for marathons

(Answer: b) Encourage leisurely walking)

3. Where did the idea for World Sauntering Day originate?

- ☐ a) Paris
- ☐ b) Tokyo
- ☐ c) Michigan
- ☐ d) London

(Answer: c) Michigan)

4. Who is credited with starting World Sauntering Day?

- ☐ a) John Adams
- ☐ b) W.T. Rabe
- ☐ c) Paul Salopek
- ☐ d) Mark Rabe

(Answer: b) W.T. Rabe)

5. What is the opposite of “sauntering”?

- ☐ a) Strolling
- ☐ b) Jogging
- ☐ c) Running
- ☐ d) Sprinting

(Answer: d) Sprinting)

6. What type of environment is best suited for sauntering?

- ☐ a) Busy highways
- ☐ b) Calm parks
- ☐ c) Stadium tracks

☐ d) Gyms

(Answer: b) Calm parks)

7. Which of these best describes sauntering?

☐ a) A race

☐ b) A power walk

☐ c) A relaxed stroll

☐ d) A high-speed run

(Answer: c) A relaxed stroll)

8. What was World Sauntering Day a response to?

☐ a) Fast food trend

☐ b) Jogging craze

☐ c) Office burnout

☐ d) Urban congestion

(Answer: b) Jogging craze)

9. Which phrase best matches the spirit of sauntering?

☐ a) "Hustle harder"

☐ b) "Slow down and enjoy"

☐ c) "Push your limits"

☐ d) "Run to win"

(Answer: b) "Slow down and enjoy")

10. What is a common benefit of sauntering?

☐ a) Muscle growth

☐ b) Improved sprint time

☐ c) Mental relaxation

☐ d) Fast weight loss

(Answer: c) Mental relaxation)

11. What type of footwear is ideal for sauntering?

☐ a) Heavy boots

☐ b) Running spikes

☐ c) Comfortable walking shoes

☐ d) Formal dress shoes

(Answer: c) Comfortable walking shoes)

12. What time of day is best for sauntering outdoors?

☐ a) Midnight

☐ b) Noon

☐ c) Early morning or evening

☐ d) Late night

(Answer: c) Early morning or evening)

13. Which of the following can enhance your sauntering experience?

- ☐ a) Loud music
- ☐ b) Podcasts
- ☐ c) Scenic surroundings
- ☐ d) Treadmills

(Answer: c) Scenic surroundings)

14. Which famous author mentioned the term "sauntering"?

- ☐ a) Ernest Hemingway
- ☐ b) Mark Twain
- ☐ c) Henry David Thoreau
- ☐ d) George Orwell

(Answer: c) Henry David Thoreau)

15. What is the primary goal of celebrating World Sauntering Day?

- ☐ a) Break walking records
- ☐ b) Inspire competition
- ☐ c) Promote mindfulness and presence
- ☐ d) Boost gym memberships

(Answer: c) Promote mindfulness and presence)

