

Complete the physical activity trivia Q&As to learn more about how being active can positively impact your body and mind. To be entered into a drawing for a \$25 Publix gift card, correctly complete the form or print the card from Publix News online and mail the completed card by Oct. 9, 2026, through company mail or U.S. mail to: Publix News, Attn: Life. Inspired. Physical Activity Trivia Contest, P.O. Box 407, Lakeland, FL 33802-0407.

1. True or False: Being physically active can help lower the risk of heart disease and high blood pressure.

2. Which two Publix benefit programs offer discounts on gym memberships and fitness equipment?

- A. Publix Discount Program
- B. Life. Inspired. Program
- C. Employee Assistance Program
- D. SupportLinc

3. Which of the following is a simple activity that can help keep bones strong?

- A. Walking
- B. Watching TV
- C. Reading
- D. Sleeping

4. How many minutes of moderate physical activity should adults aim for each week?

- A. 22 minutes B. 30 minutes C. 120 minutes D. 150 minutes

5. True or False: Physical activity can help reduce stress and improve your mood.

First and last name _____ Personnel # _____

Store # or support location _____

Find official rules and the Microsoft Form at publix.org/publixnews.

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