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FITNESS 1440 Quiz: Flex Your Sports Movie Smarts

We polled our Facebook fans to find out their favorite sports-inspired flicks, then crafted this 10 question quiz. Take it now to see if you're a film buff or featherweight.



1. Made on a shoestring budget of \$1 million, *Rocky* went on to gross more than \$225 million, won three Oscars, and became a cult classic for boxing fans. Who wrote the script?

- A. Mario Puzo, author of *The Godfather*
- B. Actor Sylvester Stallone
- C. Charley Goldman, Rocky Marciano's trainer
- D. Screenwriter Furio Scarpelli, who wrote *The Good, the Bad, and the Ugly*

2. The role of Ray Kinsella, the main character in the baseball blockbuster *Field of Dreams*, was played by Kevin Costner, but which actor was originally offered the role?

- A. Tom Hanks
- B. Harrison Ford
- C. Tom Selleck
- D. George Clooney

3. Which of the following was a prop mistake on the set of *Hoosiers*—the classic movie about a small-town high school basketball team that made the Indiana state playoffs in 1954?

- A. The players wore Nike basketball shoes, but that company wasn't founded until 1972.
- B. One rival high school had an Ohio state flag in the gym, even though the movie was set in Indiana.
- C. A map of the USA in one shot includes Hawaii, which didn't become a state until 1959.
- D. The gym had an electric scoreboard even though the high school didn't upgrade to electric until the early 1960s.

4. The film *Pumping Iron* famously documented some of the biggest names in bodybuilding (many of whom trained at Gold's Gym Venice Beach). In a tender moment of the film, one lifter strikes an emotional note that still resonates today when he says that being bullied as a child was one reason he started lifting weights. Who said it?

- A. Arnold Schwarzenegger
- B. Mike Katz
- C. Ken Waller
- D. Lou Ferrigno

5. *The Karate Kid* was a 1980s box-office hit that was nominated for many awards, but it received only one Oscar nod. Who was nominated?

- A. Actor Ralph Macchio, for his role as Daniel Larusso
- B. Director John G. Avildsen
- C. Cinematographer James Crabe
- D. Actor Pat Morita, for his role as Mr. Miyagi

6. What small Texas town was the setting for the nonfiction book *Friday Night Lights: A Town, a Team, and a Dream* by H.G. Bissinger, which provided the inspiration for the movie and television show?

- A. Dillon
- B. Odessa
- C. Snyder
- D. Midland

7. At the end of *G.I. Jane*, the fictional thriller that depicted one woman's battle to become an elite Navy SEAL, her commanding officer gives her a collection of poems, circling one called "Self-Pity" that reads: *I never saw a wild thing / sorry for itself. / A small bird will drop frozen dead from a bough / without ever having felt sorry for itself.* Who wrote that poem?

- A. Emily Dickinson
- B. Mark Twain
- C. Robert Frost
- D. D.H. Lawrence

8. The 2004 movie *Miracle* tells the story of the inspirational season of the 1980 U.S. Olympic hockey team that beat Russia—a feat that seemed impossible at the time. Which sportscaster uttered the now famous phrase “Do you believe in miracles? Yes!” as the clock’s final seconds ticked?

- A. Bob Costas
- B. Jim McKay
- C. Al Michaels
- D. Dick Enberg

9. What well-known Hollywood funny guy made his first credited big-screen appearance in *Rudy*, the inspirational true story of an underdog who worked his way onto the Notre Dame football team?

- A. Owen Wilson
- B. Vince Vaughn
- C. Jon Favreau
- D. Paul Rudd

10. Remember the *Titans* is a captivating movie based on the true story of an African American coach leading a high school football team through their first year as an integrated squad in 1971. But what real football rule existed in the early '70s that the movie’s creators chose to ignore?

- A. After a fumble, the recovering team could not advance the ball.
- B. Two-point conversions were not yet legal.
- C. Only the quarterback could throw the ball after a snap.
- D. Clipping an opposing player was illegal.

Get all 10 right - Bring the answers to the front desk or café and receive a FREE---- SHAKE or PARFAIT : one per family



NUTRITION

Restaurant Meals You Can Eat Without Guilt



You can order mouth-watering and healthy dishes at these nationwide restaurants without wrecking your waistline.

Afraid you won't be able to find anything diet-friendly on the menu when you head out for a meal at your favorite nosh nook? We can help.

Check out some of the mouth-watering—and healthy!—dishes you can order at these nationwide restaurants without wrecking your waistline.

CHILI'S

■ Guiltless Cedar Plank Tilapia: 199 calories, 4 g fat, 34 g protein, 8 g carbs, 5 g fiber

■ Guiltless Carne Asada Steak: 371 calories, 10 g fat, 46 g protein, 11 g carbs, 6 g fiber

OLIVE GARDEN

■ Minestrone: 100 calories, 1.5 g fat, 19 g carbs, 3 g fiber

■ Venetian Apricot Chicken: 380 calories, 4 g fat, 32 g carbs, 8 g fiber

■ Linguine alla Marinara (dinner portion): 430 calories, 6 g fat, 76 g carbs, 9 g fiber

RED LOBSTER

■ Chilled Jumbo Shrimp Cocktail: 120 cal, 1g fat, 0g sat. fat., 590mg sod., 9g carbs

■ Rainbow Trout (with fresh broccoli): 225 cal, 9.5g fat, 2.5g sat. fat., 390mg sod., 6g carbs

■ Live Maine Lobster (1 1/4 lb, steamed, without butter): 45 cal, 0.48g fat, 0.12g sat. fat., 350mg sod., 0g carbs

SOME OF OUR OTHER FAVORITES: HOOTERS, O'CHARLEYS, OUTBACK, SUBWAY, DUNKIN DONUTS, IHOP, LONGHORNS STEAKHOUSE, LOS ARCOS, STARBUCKS, TACO BELL, LOGANS ROADHOUSE, HOUSE OF KABOB

Its ok to Eat out, Do you have a Question on what to eat tho: Then Call RJ at 615-596-9335 and set up your FOOD and FITNESS GOALS.....

