

Eating

Fact: Eating a healthy breakfast can help you perform better in school.

HEALTHY CHARADES

Running

Fact: In terms of on-site media coverage, the Boston Marathon ranks as the second largest single day sporting event in the world.

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Kickboxing

Fact: The term kickboxing refers to a variant of Muay Thai and Karate styles of martial arts created in the 1950s.

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Practicing Yoga

Fact: Yoga has been practiced in the US since the late 19th century, but it is thousands of years old.

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Dancing

Fact: Dance can express ideas or emotions
or it can tell a story.

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Ice Skating

Fact: In 1877, ice rinks appeared in Belgium, France, and in the US in Baltimore, New York and Philadelphia.

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Skateboarding

Fact: Skateboarding was first called "sidewalk surfing" and early skaters copied surfing style and moves.

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Jumping Rope

Fact: Most modern day jump ropes are made of cloth, plastic, beaded string, or plastic-coated wire.

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Swimming

Fact: The IM or Individual Medley is a combination of all four swimming strokes. Butterfly is done first, then backstroke, breaststroke, and finally freestyle.

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Surfing

Fact: The annual international surfing championships are held in Hawaii.

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Playing Football

Fact: American football developed from rugby football in which a ball is kicked at a goal and/or run over a line.

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Playing Soccer

Fact: The FIFA World Cup tournament is viewed by two times more people than the Summer Olympics.

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Playing Basketball

Fact: Peach baskets were used as the goals until 1906, when metal hoops with backboards finally replaced them.

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Playing Volleyball

Fact: In beach volleyball the game is played on sand with only 2 players per team, not 6.

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Sleeping

Fact: Between the ages of 12 and 17 you need 8 to 9 hours of sleep each night. Try to set the same sleep schedule everyday to ensure a healthy and alert brain!

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