

# **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.

# HEALTHY CHARADES

# **Kickboxing**

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

# HEALTHY CHARADES

## **Practicing Yoga**

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

# HEALTHY CHARADES



# **Dancing**

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

# HEALTHY CHARADES

## **Ice Skating**

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

# HEALTHY CHARADES

# Skateboarding

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

# HEALTHY CHARADES

## **Jumping Rope**

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

# HEALTHY CHARADES



# 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.

# HEALTHY CHARADES

# 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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