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

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.
HEALTHY CHARADES
Playing Football

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

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

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

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