

TRUE OR FALSE?
IT TAKES ROUGHLY 20 MINUTES OF
REGULAR DAILY ACTIVITY
(WALKING, SWEEPING, ETC.)
TO BURN 100 CALORIES.

ANSWER: TRUE

What's the Difference?

There are four differences between Picture A and Picture B. Can you find them all?





Answers: I. Girl on left side back had extra hair
2. Water bottle on floor 3. Missing panes on
window 4. Girl in orange has taller socks



• 1703: TSAR PETER
THE GREAT FOUNDS THE
CITY OF SAINT
PETERSBURG.

• 1937: THE GOLDEN GATE BRIDGE OPENS IN CALIFORNIA TO PEDESTRIAN TRAFFIC.

• 1967: THE NAVAL
CARRIER USS JOHN F.
KENNEDY IS LAUNCHED
BY JACQUELINE KENNEDY
AND HER DAUGHTER,
CAROLINE.



SET

a fixed number of repetitions of an exercise



ENGLISH: Fitness

SPANISH: Aptitud física

ITALIAN: Forma fisica

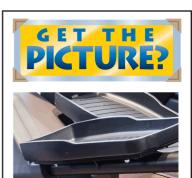
FRENCH: Forme physique

GERMAN: Fitness



MOST KIDS CAN START TO BUILD STRENGTH SLOWLY BY LIFTING WEIGHTS AT 7 OR 8 YEARS OF AGE. WEIGHTS SHOULD BE AGE-APPROPRIATE AND EXERCISES SHOULD BE

DONE CORRECTLY.



Can you guess what the bigger picture is?

ANSWER: ELLIPTICAL MACHINE