

What's the Difference?

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

A



B



Answers: 1. Girl on left side back had extra hair window 4. Girl in orange has taller socks
2. Water bottle on floor 3. Missing panes on

THIS DAY IN...



HISTORY

- **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

FOOD FACT!



TRUE OR FALSE?

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

ANSWER: TRUE

How they SAY that in...

ENGLISH: Fitness

SPANISH: Aptitud fisica

ITALIAN: Forma fisica

FRENCH: Forme physique

GERMAN: Fitness

Did You Know?

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.



GET THE PICTURE?



Can you guess what the bigger picture is?

ANSWER: ELLIPTICAL MACHINE