

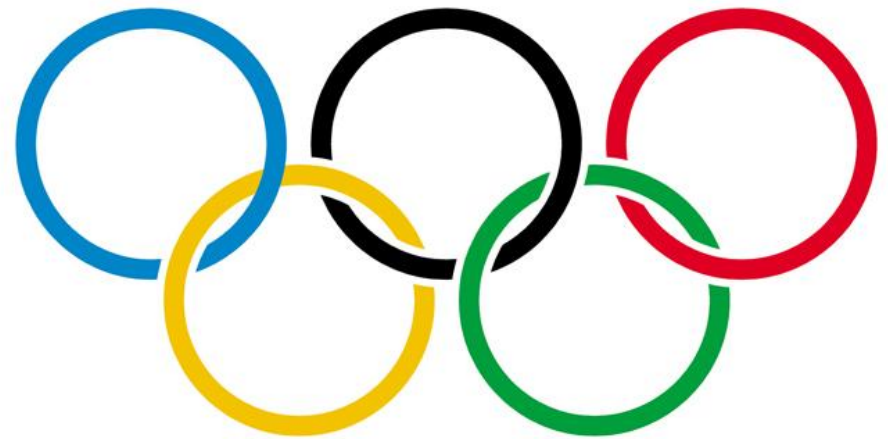
Fun And Interesting Sports Facts



WITH REGULAR STUDIES PUBLISHED ON HEALTH AND FITNESS, IT CAN BE DIFFICULT TO KEEP UP WITH ALL OF THE INFORMATION OUT THERE. SOME OF THE FINDINGS REPEAT HEALTH ADVICE THAT'S BEEN AROUND FOR YEARS, BUT OTHERS ARE A LITTLE MORE SHOCKING. TAKE A LOOK AT THESE RANDOM HEALTH FACTS THAT MIGHT SURPRISE YOU.

1. The Olympic rings

- The 5 Olympic rings represent the 5 major regions of the world - Africa, the Americas, Asia, Europe and Oceania, and every national flag in the world includes one of the 5 colours, which are (from left to right) blue, yellow, black, green and red.



2. Golf on the moon

- Golf is the only sport to be played on the moon. On 6th February 1971, Alan Shepard hit a golf ball on the moon.



3. Olympic gold medals

- Olympic gold medals are actually made mostly of silver.



4. Snowboarders Or Swimmers?

- Snowboarders and ice skaters glide on a thin layer of water as their skates and boards heat the snow beneath them.



5. Lazy doctors

- Four out of five doctors don't get enough exercise.



6. Equal evils



- A lack of exercise is now causing as many deaths as smoking across the world, a study suggests.



7. Restaurant again?

- People who regularly eat dinner or breakfast in restaurants double their risk of becoming obese.



8. Heavy laughter

- Laughing 100 times is equivalent to 15 minutes of exercise on a bicycle.



9. Water instead of Soda

- 1 Can of Soda a day increases your chances of getting type 2 diabetes by 22%.



10. McDonalds' Caesar

- McDonalds' Caesar salad is more fattening than their hamburger.



11. Fat chicken

- Chicken contains 266% more fat than it did 40 years ago.



12. Complain more

- On average, people who complain live longer. Releasing the tension increases immunity and boosts their health.



13. Too much shower

- In terms of your health —not how you look or smell— you only really have to shower once or twice a week.



14. 6-pack abs

- Six-pack abs indicate nothing about your strength, your flexibility, your stamina, your speed, or your overall level of health.



Dangerous And Weird Things People Do In Order To Lose Weight



WE ALL STRIVE HARD IN ORDER TO GET THE PERFECT BODY SHAPE THAT WE WANT. SOME OF US TAKE THE HARD WAY BY EATING RIGHT AND EXERCISING IN ORDER TO LOSE WEIGHT AND GIVE A SHAPE TO OUR BODY. THOUGH THERE ARE MANY OTHER THINGS LIKE SURGERY, PILLS AND CRASH DIETS THAT CAN HELP YOU LOSE WEIGHT INSTANTLY.

1. Jaw wiring

- Nowadays, people get their jaws wired in order to refrain from eating solid food and lose weight only by having liquids. It is also a fad because it gives jaw some movement and free speech, but restricts the person from eating solid food.



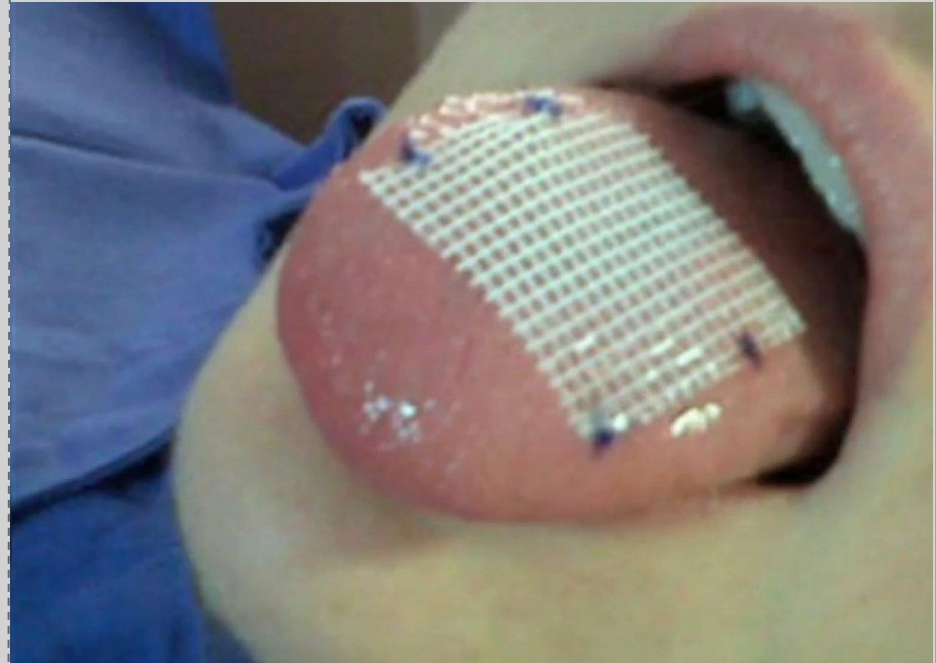
2. Cigarette smoking

- Smoking kills the taste buds and thus makes any food you eat tasteless. Also cigarette contains tobacco and its main ingredient is nicotine, which naturally keeps the appetite down on its own. There it is, if one smokes more, that person would eat less.



3. A unique tongue patch

- The patch makes it extremely hard for anyone trying to eat solid food, as the whole process becomes too painful. This makes the person go on a liquid diet that is full of just 800 calories a day. If you are thinking of getting it, despite it looking damn painful, it would cost you \$2,000.



4. Feeding via a tube



● This method is usually employed when people are injured or severely ill to eat food via mouth and hence nutrition is given to them via a feeding tube inserted via the nose, straight to the stomach. But now, to-be brides have found a new use for this medical method, to lose weight in short time before marriage.



5. Sleeping beauty diet

- While you sleep, you force your body to burn up energy that is already stored in the body and therefore, losing weight in the process. People use sleeping pills in order to sleep for days and it is a method popularized by singer Elvis Presley.



6. Vision diet



- The Japanese have come up with an idea to make the food more disgusting and unappealing to the eyes, so they decided to make glasses with blue colored lense. It makes the food look less appealing and make you eat as little as possible.

