**Fitness Lessons For Life**

There are 206 bones in the human body.

There are also about 600 muscles

*Tendons- attach bones to muscles*

*Ligaments- attach bones to other bones*

When walking or running the proper way to breathe is in through your nose and out through your mouth.

If you are tired put your hands on your head to open lungs up in chest. Do not bend over!

*Most common ailment during competition is CRAMPING. Cramping occurs due to lack of water or lack of potassium in the body.*

*Sugar soaks up your body’s water.*

*Good sources of potassium- avocados, bananas, guavas, kiwis, and passionfruit.*

Brush teeth at least twice a day.

Shower at least once a day.

Always eat breakfast.

*Pizza or pasta (carbs) before competition & Milkshake (protein) after competition.*