



Infographic Trivia

FOR Sports & Exercise

Let's go !

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Here are some fun facts/trivia about sports and exercise you probably didn't know!

#1

Running at 10 min/mile \approx 100 calories burnt per mile!

100 calories are equivalent to an apple consumed!

Just imagine how much calories are your meals equal to!



Pause a moment...

Calories VS Fats

Calories are not the same as fats!

Calories are actually a type of measurement...

Therefore, every 3500 calories burnt = 1 pound of fat loss

Some healthy high-fat food (you probably didn't know):

#1



Chocolates seems to be unhealthy, but is actually high in nutrients and antioxidants.

Chocolate also improves cardiovascular health.

#2



Real full fat yoghurt contain lots of probiotic bacteria which are beneficial to health


Yoghurt can help gastrointestinal conditions like diarrhoea, constipation etc.

#2

Muscles in human body



Benefits of simple exercises like running:

Reduces risk of osteoporosis




Healthy bone Osteoporosis

Improves emotional health


Number of muscles in our human body:

APPROXIMATELY 4 X 160



= 640

Most important muscle in the body:



The heart pumps nutrients and oxygen around our body and carries away waste.

"Cardio"/Aerobic exercises raise one's heart rate and keep one's heart healthy

#3

Why is music good during exercise?

MUSIC ACTS AS A DISTRACTION



Music reduces people's awareness about their physical exertion while they work out, and boost their performance during workout.



MUSIC KEEPS THE PACE GOING



A good beat will allow one to keep a steady pace during exercises like running and weightlifting, and hence allows people to use their energy more efficiently during workouts.

#4

Weird sports introduced to the world...

MOBILE PHONE THROWING - AN OFFICIAL & INTERNATIONAL SPORT THAT ORIGINATED FROM FINLAND

WHAT??!?

4 Categories in mobile phone throwing:

- Original- over-shoulder throw (best of 3)
- Team Original
- Junior- category for children younger than 12
- Freestyle- choreography + throw



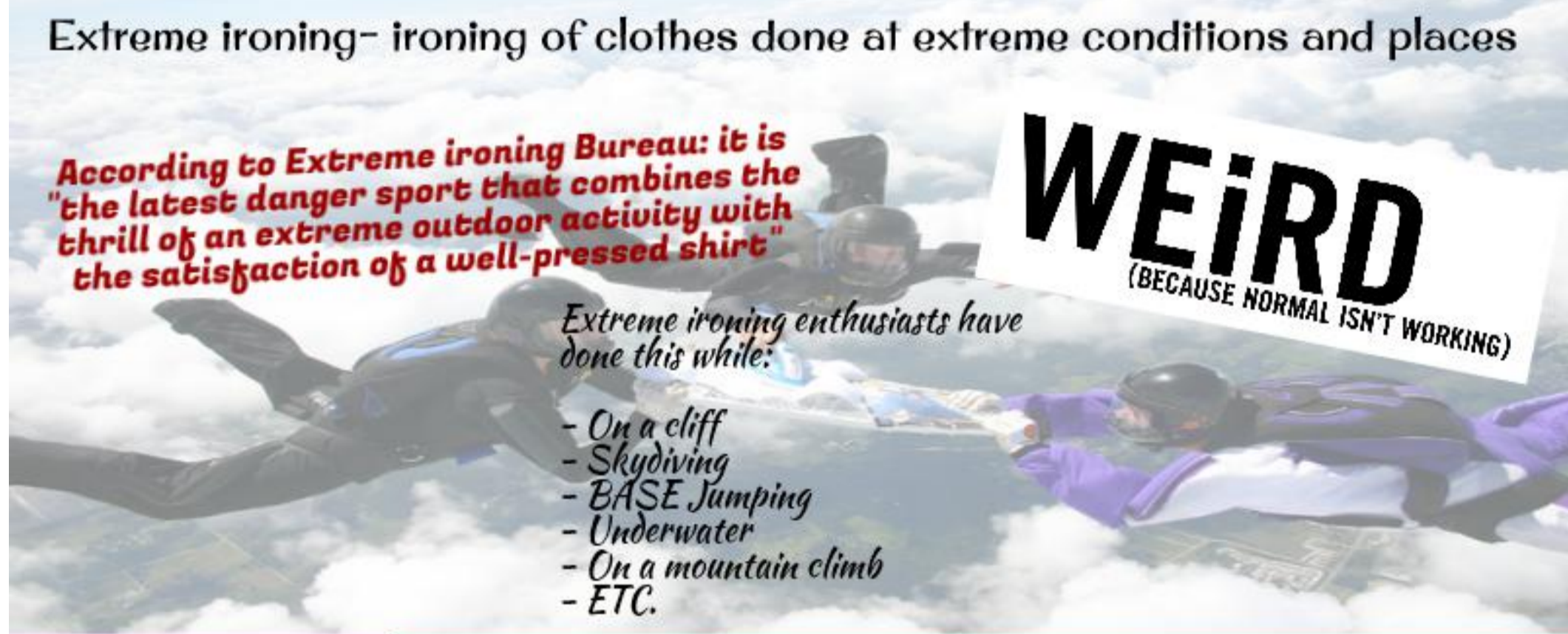
Extreme ironing- ironing of clothes done at extreme conditions and places

According to Extreme ironing Bureau: it is "the latest danger sport that combines the thrill of an extreme outdoor activity with the satisfaction of a well-pressed shirt"

WEIRD (BECAUSE NORMAL ISN'T WORKING)

Extreme ironing enthusiasts have done this while:

- On a cliff
- Skydiving
- BASE Jumping
- Underwater
- On a mountain climb
- ETC.




#5

To eat OR not to eat before exercise

Fasted State

20% more fats burnt compared to a fed state




Improves insulin sensitivity

Glucose will enter cells easily and not be stored as fats, reducing the risk of chronic diseases

VS

Fed State

More calories burnt after eating a high-protein meal



However, if you go hungry, exercise performance will decrease

Lesser calories burnt

Which is a better choice? It still depends on each individual, since some people may have medical conditions, or some may need to eat or else they will feel dizzy, thus it is still a personal preference.

Through this infographic poster, we hope that it may trigger your interest and inspire or motivate you to exercise and keep healthy!

References

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