

A person's legs and feet are visible in a gym setting. They are wearing dark sneakers with pink laces. The person is holding a black kettlebell with both hands. The background shows gym equipment, including treadmills and weight machines, which are slightly out of focus. The overall image has a dark, semi-transparent overlay.

Nº 8

If you listen to music while working out, you can lift 15% more weight than usual.



Nº 9

Scientists have proved
that watermelon affects
blood vessels in the body
similarly to Viagra:
they dilate and relax.

A red and yellow helicopter is shown in flight against a grey background. The helicopter has "Newcastle 211" written on its side. A rescuer in a red suit is suspended from the helicopter by a rope. The text "Nº 11" is displayed in a yellow box at the top center.

Nº 11

When you call 911,
be sure to disclose your location first.
An operator will send help
before the call ends.



№ 12

If you get bitten by a mosquito,
place a hot spoon on the bite.
It will stop the reaction,
and the itching will go away.

A top-down view of a white ceramic coffee cup filled with dark coffee, resting on a matching saucer with a spoon. The background is a dark, textured grey. A yellow rounded rectangle is overlaid on the coffee surface.

Nº 13

**Coffee before a workout
will increase metabolism
and boost the fat-burning process.**



Nº 14

The banana is known as the "fruit of happiness."
Eat just one banana for breakfast,
and it will lift your mood
and help to you cope
with negative emotions.

A photograph of a zoo entrance. In the center, there is a black metal gate with a large red 'ZOO' sign on it. The path leads through a paved area towards the gate, flanked by green bushes and trees. The background is filled with dense green foliage and trees. The overall scene is slightly dimly lit, suggesting an overcast day or late afternoon.

Nº 15

Going to the zoo? Dress in the colors that zoo employees wear. The animals won't be afraid of you and won't hide.

A photograph of a person's feet standing on a scale. The scale's digital display is highlighted in yellow and shows the number 'Nº 16'. The person's toenails are painted red. The background is a dark, slightly blurred image of the scale and feet.

Nº 16

The faster you eat,
the faster you gain weight.
Scientists have proved that those
who ate quickly gained over 4 lb
in a month, while those who ate slowly
only gained 1.5 lb.



Nº 17

To check printer ink for quality,
print a page with the Google logo on it.
It contains all the main colors.

A lit candle on a purple cake with pink sprinkles. The candle is lit, and the flame is visible. The background is dark, and the text is overlaid on the image.

Nº 18

**Candles will last longer
if you put them in the freezer
for a few hours before lighting them.**



Nº 19

If you are in search of the cheapest products in the store, look for them on the top shelves. This stock is never placed at eye level.



BONUS

If you want to know how someone feels about you, read their body language. Crossed arms and legs reflect a defensive state and skepticism. "Open poses" show a positive attitude toward you and what you are saying.

Lp. 9.



Nº 10

Taking a nap during the day improves memory and reduces the risk of cardiovascular disease.

But sleeping longer than 9 hours will disrupt the work of the immune system.

Nº 1

When you are anxious,
eat a serving of fat-free yogurt
or 2 spoonfuls of nuts.

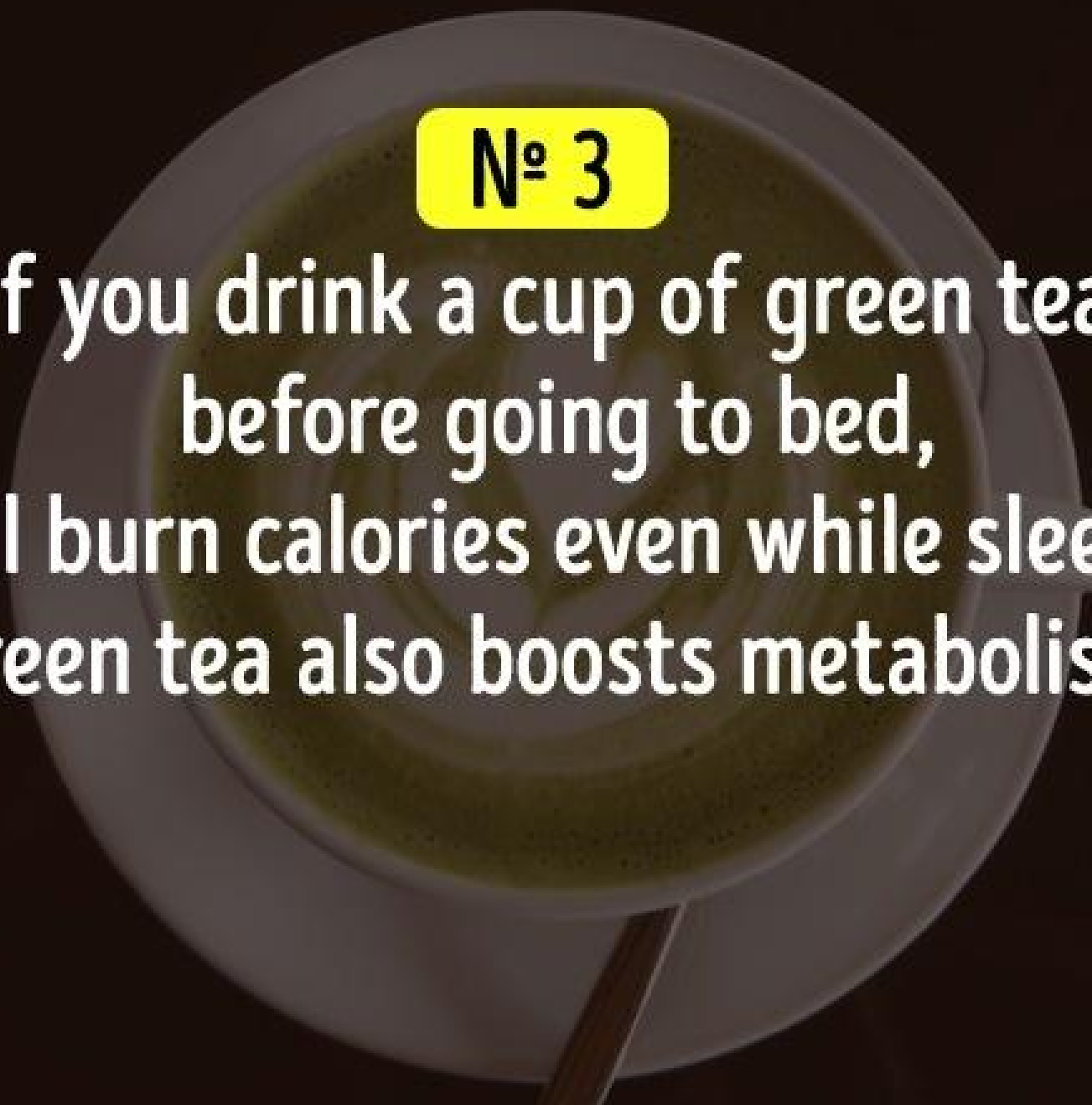
These products contain amino acids
that will help you to calm down.

Nº 2

Can't fall asleep?

Try the 4-7-8 breathing exercise.

Inhale through your nose for a count of 4, hold your breath for a count of 7, then exhale slowly through your mouth for 8 counts. Repeat the cycle 4 times.



Nº 3

If you drink a cup of green tea before going to bed, you'll burn calories even while sleeping. Green tea also boosts metabolism.



Nº 4

**Listening to music at a high volume
makes you calmer, happier,
and helps you relax.**




Nº 5

If you don't know
how to act around noisy naughty kids,
think of them as little drunk men.

Nº 6

Using your nondominant hand
to do routine things
(like brushing your teeth)
will make your brain work differently
and improve your ability
to handle different kinds of tasks.



Nº 7

If you are trying to remember something,
clench your fists.
It will boost your brain activity
and improve memory recall.