What’s Inside

- When the craving hits
- Minute Exercises to Make Your Belly Fat Melt Like Snow
Hello

Just one more month and half the year is gone. Did we really think that time seemed to be standing still during the lockdown? Now it seems like there are literally not enough hours in the day. Especially with fewer day hours as we head for the winter solstice.

Now that restaurants are open, business meetings over lunch are once more a thing. Are you possibly shutting off opportunities because your behavior is somewhat on the boorish side? Check your mark with our etiquette guide.

Ever woken up in the middle of the night then struggled to get back to sleep? Not only do you start the day grumpy in the morning. Most probably your productivity is also seriously affected.

We found an article with some pretty useful tips on how to get yourself back to dreamland so that you can greet the new day all bushy tailed.

Most of us are partly relieved to hear that the Covid-19 variant recorded in Kwekwe seems contained, for now. And while the Bondolfi Teachers College cases are high in stats, we are very glad to hear that no serious illness is in sight so far.

But we all know the pandemic is far from over. Let us continue to do all we can to make the world a safer place for ourselves and the ones that we love.

If you have not already received your jab, consider getting one. And continue to keep contacts to a minimum.

Till next week, mask up!

Monica

Entrepreneurs, Here's Why 2021 Is The Right Time To Start Your New Business

As we move forward in this new year, entrepreneurs are looking to strategize and many are looking to start a new business. However, as always with a new business, uncertainties about the future are inevitable, but even more so with the recent events of 2020. Many are not putting too much hops into the year ahead, even with news of a vaccine’s arrival. Contrary to popular belief, 2021 could be a perfect year for starting your company. Here’s why:

Less Competition

Many companies that started 2020 on a good note have shut down due to the pandemic. Others that managed to stay afloat are just now restrategizing. This leaves a huge gap in the market and many opportunities for startups to thrive.

Access To Consumers

More than ever before, consumers are glued to their devices and online consumption is at an all-time high. E-commerce has shot up by nearly 40% since the pandemic started in 2020. Consumers now prefer to order in whatever goods or services they can to protect themselves from exposure to the coronavirus. Many offices are closed and more people now work from home than ever before and are making more use of online tools.

You Are Ready

If there is one thing most of us had an abundance of in 2020, it was time. As we spent more time at home, many individuals leaning toward starting a business have been able to devote time to conducting research for their new business or even develop and equip themselves for their future companies.

Your Pick Of Talent

The pandemic took a lot of people out of their jobs, whether they had to resign or were let go. As demands for safety within certain sectors and positions suddenly went downhill. This means that there are a lot of experienced individuals currently out of work.

Access To Funding

As there are fewer entrepreneurs willing to test the waters in 2021, this means less competition here. It’s for funds from angel investors. As long as you have a solid strategy in place, getting funding to back up your business may not be as hard as you think it is.

Customers Are Waiting

Prospective entrepreneurs may be hesitant to start a new business this year because they feel the customer base will be poor. Well, yes, the world is going through a pandemic that has impacted many individuals’ spending habits. Keep in mind that in any business, the first year is not usually a bed of roses, even if it doesn’t take place during a pandemic. You’d still need to put in the work regardless. However, you may find it easier in 2021 as there are already customers who need your product or services. - https://www.forbes.com
On occasion we all enjoy a little treat, some more than others, and that’s OK, as long as you keep your health and fitness in check. In trying to be healthy, we may deny ourselves the foods which are categorized as unhealthy but totally denying ourselves more often than not leads to binging.

To keep from falling off the wagon, try incorporate the healthy foods with the treats, in moderation. We have compiled a list of food that you can enjoy on your cheat days, guilt free.

**Guilty pleasures that are not as bad as you think**

**Carrot Cake**
You are probably thinking, how can something so delicious be healthy? We are not going to say something like because it has carrots. Rather we have found a recipe that has a few healthy swaps but still stays true to taste. Thus recipe swaps out some ingredients for more naturally sweetening ones, like bananas.

**Ingredients**
- 3 eggs
- 1-2 bananas
- 10-15 fresh dates (without seeds)
- 6 tbsp sunflower oil
- 1 cup whole wheat flour
- 1 ½ tsp baking powder
- 3 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp cardamom
- 3-4 carrots (medium size, grated)
- ½ cup coconut flakes
- ½ cup walnuts (roughly chopped)
- 1/2 cup raisins

**Frosting**
- 200g cream cheese
- 3 tbsp honey
- 1/2 lime (juice)
- 1/2 cup hazelnuts

**Method**
Preheat the oven to 180°F. Whisk the eggs in a medium sized bowl. Use a hand blender or a blender to mix bananas, dates and oil into a thick cream in another bowl. Sift together flour, baking powder, cinnamon, nutmeg and cardamom and stir it together with the eggs and the banana-cream. Add grated carrots, coconut flakes, walnuts and raisins and stir it until it all comes together.

Pour it into a cake pan and bake for about 40 minutes. Try to stick a toothpick in the centre of the cake, when nothing sticks on it the cake is ready. Let it cool.

Whip together the cream cheese and the honey (bananas or dates would probably also work as sweeteners for the frosting). Add the frosting when the cake is completely cooled off. Serve with roughly chopped hazelnuts or walnuts on the top.

Ice-Cream

Here is another fan favourite. Ice cream is one of those anytime treats but the problem with having it too often is the calories. A great alternative is to use fresh fruit to make the decadent desert. The great thing about fruit, is that you can always use what is in season and it is naturally sweet.

First, slice some ripe bananas and strawberries. Arrange them in a single layer on a baking sheet lined with parchment paper, and place them in the freezer till frozen.

Once they’re frozen, place the fruits in your food processor. Process until it’s nice and smooth. The mixture will go through different stages: “crumbly” part crumbly, part smooth and finally, smooth.

At the end, it should have a smooth, soft-serve consistency. It takes a while to reach the perfect texture don’t worry, it’s normal. Keep pulsing until you create ice cream gold!

You can eat it straight away as a soft-serve, but if you want a firmer, more ice-cream like texture, transfer the mixture to a metal container and freeze for about 3 to 4 hours or until firm.

Chocolate

This one definitely sounds like a no-no, but there is a loop hole. Dark chocolate, to be specific, is a rich, antioxidant super food. Scientifically, it is packed with more antioxidants than red wine or green tea. Dark chocolate has many health benefits (the darker the better), including lowering risk of heart disease, help improve blood sugar levels, fights free radicals, aids in weight loss and improves your mood. Have a couple of pieces a day and you are on your way to a healthier, happier you.
Project brief: The key to project success

A project brief is the first step in ensuring that your finished construction project is exactly what you envisioned. Before we explain how it works for you, first of all let us look at what a project brief is.

What is a project brief?
A project or design brief is a written document that says exactly why you want to undertake a construction project and what the project is. Simply put, it says what you want to create and why.

A good project brief answers in full the questions of who, what, when, where and why you are doing this. Who will use it? What will it look like? When will it be completed? Where is it situated? Why are you doing this?

The answers to these questions are unique to you. Perhaps you want to keep up with the competition or lead the pack. Or the space you currently occupy no longer meets your needs. Your means have improved and you want to upgrade. Or you are just bored with your current settings.

What is the goal: Do you want a bigger work space that can accommodate your present operations and your future plans? Or is it a home project and you would really like a kitchen that is both stylish and user friendly?

What is the scope of the project, as in are you starting from scratch, renovating, or extending an existing structure? How much are you prepared to spend on this? What are the constraints? Does the terrain require special design? Is the space limited and there is need for creative thinking? Is the budget very limited or do you need to secure financing through loans?

Do you have to do it within a certain time frame? Are there any special requirements, perhaps materials that are not easily accessible and must be ordered months ahead of the time they will be needed?

In other words, the project brief advises the architect on how to meet your expectations.

Why do you need a good project brief?
We all have our white elephants, that item we bought because it looked so good. A jacket that has never been worn because it goes with nothing in our wardrobe. A vase that looked so elegant in the shop but somehow turned out all wrong once placed on hallway table.

We can laugh off such little foibles. But you cannot afford the same mistakes when you are doing a construction project. You do not want to end up saying, “But the kitchen is so small!” Or “The CEO’s office is not of the executive standard we wanted.”

By producing a good project brief, your project manager makes you focus on exactly what you want to achieve before any work starts on the project. You have a good idea of the budget and time frames.

Your project manager can now take the rest of the steps from getting the design drawn up the moment they hand over your project to you, a faithful and perfect interpretation of your vision.
Though women all over the world have been struggling to lose belly fat for decades, it is still one of the most difficult tasks when it comes to getting in shape. And even if you have already gotten yourself together and found the perfect training program, suddenly chocolate starts looking irresistible or your best friend brings you a cupcake for no reason...

Bright Side knows how challenging it might be to find time for yourself in this fast-paced world, so we came up with some exercises that do not require any special equipment or years of practice. And it takes only about 5 minutes to complete each of them!

Flutter kicks

**How to perform:**
- Start by lying on a mat. Keep your legs together, then extend them forward in front of you.
- Tighten the abs, lift your feet off the ground, and begin moving your legs up and down.
- Repeat 15 times, pause, repeat 15 times again.

**Benefits:**
- Flutter kicks will help you to:
  - burn calories
  - get a great cardio workout
  - improve your endurance
  - shed belly fat
  - strengthen your core
- Time needed: 5 minutes

And even if you have already gotten yourself together and found the perfect training program, suddenly chocolate starts looking irresistible

© Depositphotos.com
**Reverse crunches**

1. Step back to the starting position, swing your leg through, and complete a kick.
2. Return to starting position.
3. Repeat 15 times, pause, go for 15 more.

**Benefits:**
Lunges with front kicks will help you to:
- get a great cardio boost
- improve your core stability
- increase your flexibility
- tone your glute muscles

Time needed: 5-7 minutes

**Mountain climbers**

1. Start by lying flat on your back and putting your leg up at a 90 degree angle.
2. Place your hands flat on the ground.
3. Pull your legs and hips up toward the ceiling while bringing your knees toward your chest.
4. Repeat 15 times, pause, do 15 more.

**Benefits:**
Reverse crunches will help you to:
- activate the major abdominal muscles
- improve your posture
- tone your lower ab muscles

Time needed: 5 minutes

**Lunges with front kicks**

1. Begin with your feet together.
2. Step back with one foot to complete a lunge.

**How to perform:**
- Place your hands under your shoulders and extend your legs behind you.
- Tuck your tailbone in as you engage your core muscles.
- Your body should be in a straight line.
- Bend one knee and draw it to your chest, then straighten it behind you, and switch sides.
- Repeat 15 times, pause, repeat again.

**Benefits:**
Mountain climbers will help you to:
- get a full-body workout
- improve your mobility
- get a calorie burn
- engage your upper arms muscles

Time needed: 5 minutes
**Bicycles**

*How to perform:*
- Place your hands on a bench or chair.
- Bring your feet together on the right side of the bench or chair.
- Keep your back straight.
- Bend your knees and jump over the bench to the left side, then quickly jump back to the right side.
- Move quickly and smoothly.
- Do not pause between hops.
- Perform 20 bench hops, pause, repeat again.

*Benefits:*
Bench hops will help you to:
- tone your legs
- strengthen your lower body muscles
- burn calories
Time needed: 5-7 minutes

*Illustrated by Alena Tsarkova for Bright Side*
https://brightside.me

© Depositphotos.com

---

**Crab toe touches**

*How to perform:*
- Start by lying on the mat and keep your hands either by your sides or behind the head.
- Lift both legs off the ground and bend them at the knees.
- Bring your right knee close to your chest, keeping your left leg away.
- Then take your right leg away and bring your left leg close to your chest.
- Keep doing it as if you are paddling a bicycle.
- Repeat 15 times on each side, pause, then repeat again.

*Benefits:*
Crab toe touches will help you to:
- develop your core strength
- boost weight loss
Time needed: 5 minutes

© Depositphotos.com

---

**Bench hops**

*How to perform:*
- Sit on the mat with your feet in front of you, knees bent.
- Place your hands behind you and left your hips off the mat.
- Bring your right hand up while simultaneously lifting your left leg up and touch your left foot with your right hand.
- Return to the elevated position and switch sides.
- Keep alternating back and forth.
- Complete 16 touches, pause, do 16 more.

*Benefits:*
Crab toe touches will help you to:
- develop your core strength
- boost weight loss
Time needed: 5 minutes

---

© Depositphotos.com

---

**Homestyle**

*How to perform:*
- speed up your metabolism
- Which exercise do you find the most effective? Do you prefer power training over cardio or vice versa? The more opinions we have the easier it is for us to see how helpful each exercise is.

*Illustrated by Alena Tsarkova for Bright Side*
https://brightside.me

© Depositphotos.com

---

so we came up with some exercises that do not require any special equipment or years of practice
If you've ever found yourself wondering how to get back to sleep in the middle of the night, you're not the only one. According to the NHS, many of us will suffer from disturbed sleep at some point in our lives.

Medically, not being able to get back to sleep at night is known as sleep-maintenance insomnia. And for those who suffer from it, even investing in the best pillow or spritzing the most calming sleep mist can still fail to have them dozing back off.

“Sleep-maintenance insomnia is essentially when you have difficulty staying asleep,” says Dr Anita Shelgikar, a neurologist at the Michigan Medicine Sleep Disorders Clinic. “Depending on the underlying cause, insomnia may develop suddenly or it may happen over several weeks, months or years.”

Causes of disturbed sleep vary, but experts believe that stimulants such as caffeine and alcohol, stress, and medication side effects, can all impact the quality of your sleep and can cause sleep-maintenance insomnia.

### HOW TO GET BACK TO SLEEP IN THE MIDDLE OF THE NIGHT

The good news is, having a strategy in place can give you a better chance of drifting off when you wake up in the middle of the night. Here are five simple expert-approved tricks for getting back to sleep.

1. **Use the 20-minute rule**

   Willing yourself to go back to sleep isn’t an effective way of putting your body into rest mode. If your eyes are open for any longer than 20 minutes, it’s time to take action. “If you can’t get back to sleep, then leave the sleeping zone,” advises sleep expert Sammy Margo. “Get out of bed, make it, and walk away. Go do something that’s not too taxing, such as reading a magazine article or unloading the dishwasher.”

   Then, return to your bed and restart your sleep ritual. Perhaps that means getting into your go-to bedtime routine again.

   You could also try some bedtime yoga or listen to sleep-guided meditations to encourage your body and mind to enter relaxation mode and prepare for sleep.
2. Distract yourself
When it’s 2am and you’re lying in bed wondering how to get back to sleep, it can be very tempting to keep checking your clock, but try to avoid watching the minutes tick by. “As tempting as it is to look at the clock or your phone, it’s best not to,” says Margo. “Not only can it make you feel anxious about missing out on sleep, but blue light exposure suppresses the sleep hormone melatonin. Instead, try listening to an audiobook, or do some meditation or visualization.”

A study by the University of Oxford found that people who used imagery distraction (visualizing a peaceful setting or environment) fell asleep faster than those who did not. “Often, you will drift off while doing this,” says Margo. “But if not, employ the 20-minute rule and leave the sleep zone if this isn’t working.”

3. Grab a notepad
Stress and anxiety are key driving factors behind poor sleep, and research by the Eastern Michigan University shows that writing can help organize thoughts and empty the mind of worries at the end of the day. “If anxious thoughts are preventing you from getting back to sleep, keep a notepad beside your bed so you can scribble your worries down if you wake up during the night,” says Margo. “That way you can reflect on and review them the next day.”

Alternatively, you could write down five things you are grateful for in the moments you’re wondering how to get back to sleep. They can be anything from wearing your favorite cozy pajamas to having a warm, safe place to rest your head.

4. Tweak your environment
A noisy bedfellow or a light outside can wreak havoc on your sleep, so try tweaking your environment to help you sleep better.

“Make sure that your curtains and blinds are closed and wear an eye mask,” says Margo. “Your body loves absolute darkness when going to sleep, and maybe you’re waking up because of light or noise disturbance. Make sure that lamps from the street aren’t shining in from outside and invest in some earplugs that will help reduce the surrounding noise in your environment.”

A pair of earplugs can be a real blessing when you’re wondering how to get back to sleep with a snoring partner beside you!

Your body loves absolute darkness when going to sleep, and maybe you’re waking up because of light or noise disturbance.
5. Lower the room temperature
We all know that hot weather and heat waves can make it very difficult to nod off at night. If you wake up feeling hot and don’t know how to get back to sleep, it’s time to lower the room temperature and make your environment more sleep-friendly! “About 68°F is the ideal temperature,” says Margo. “Your body needs to stay cool. Turn off any radiators and wear wool and cashmere fabrics, as these self-regulate your body temperature. If you’re hot, pop a cold flannel on your head to help you cool down or splash some cold water on your wrists.”

HOW DO I STOP WAKING UP DURING THE NIGHT?
As well as trying these tricks when you wake up in the night and don’t know how to get back to sleep, there are steps you can take before bed to prevent you from waking up by encouraging your body to relax. This will make it easier to transition through healthy sleep cycles.

1. Practise deep breathing
From balancing the pressure of children and work to looking after elderly parents, our lives are often fraught with stress. An effective way of managing it is breathwork. “The 4-7-8 breathing is a great technique,” says Dr. Lindsay Browning, author of Navigating Sleeplessness: How to Sleep Deeper and Better For Longer. “Breathe in deeply through your nose for a count of four, then hold that breath for a count of seven and breathe steadily out through pursed lips for a count of eight. Slowing your breathing rate down like this helps you to feel more relaxed.” Do this every evening or at the end of your working day to signal relaxation time for your body and mind.

2. Think about what you drink
“We often use coffee to wake us up and a glass of wine in the evening to help us feel relaxed, but if you can, avoid the whole stimulant, sedative cycle,” says Margo. “Eliminate caffeine by lunchtime as a rough guide. Too much alcohol prevents you from reaching the deeper stages of sleep and makes you feel groggy in the morning. The odd nightcap is fine, but multiply it and then it becomes a problem.” Instead, practice good sleep hygiene by avoiding caffeine and enjoying a sleep tea for your hot drink fix.

3. Focus on daily movement
“Regular exercise makes it easier to fall and stay asleep,” says Dr. Shelgikar. “However, it’s important to consider the timing. Exercising too close to bedtime can make it harder to fall asleep.” Aim to do your daily movement in the morning first thing, as exposing yourself to bright light at this time of day helps to kick start your circadian rhythm. From at-home workouts to morning walks, any form of movement is a great way to start your day and will help your body get ready to sleep in the evening.

WHEN TO SPEAK TO YOUR DOCTOR ABOUT YOUR SLEEP PROBLEMS
If you’re worried about your sleep cycle, Margo suggests keeping a sleep diary or using sleep apps to track your cycle and see if there is a pattern with your disturbed sleep. “However, if your sleep problems have been going on for six to eight weeks, then it’s time to consult your doctor,” Margo adds.
Professional Vehicle Suspension Services

Book Now!

+263 771 263 710

Fasfit Matlock

No. 1 Melbourne Road, Southerton Harare
Tel: +263 (242) 666 152-4 | Hotline: +263 77 126 3709/ 10
info@fasfitmatlock.co.zw | www.fasfitmatlock.co.zw

“Your Suspension and Vehicle Servicing Specialists”
Everyone is happy that restaurants are open for sit-down meals again as it brings the much needed normalcy and social interaction for us as human beings. Few things compare to the excitement and anticipation of looking forward to a delicious sit-down meal in a fancy place with someone you want to be around. It could be a date, catching up with a friend or even a business meeting. Whatever the case may be, it is always good to maintain your social graces, especially when it comes to the table experience.

Making a good impression is key in most cases, no one wants to leave a dining experience full of regret. Eating out at a fast food place is more forgiving, but here we are going to take a deeper look into the world of fine dining. For a lot of people, anything goes, whichever cutlery item brings the most food into your mouth is the winner. When you are out with friends or family then it may not be a big deal. However, having the knowledge will not hurt either, so let’s break it down.

The scene: You have finally landed a once off meeting with that famed business tycoon and by your lucky stars, he has invited you to pitch your million-dollar idea over dinner. He has made a booking at one of the swankiest restaurants in the city, you are nervous but ready with the pitch.

You arrive at the restaurant, to find him already seated, so you rush past the ushers and pull out a seat next to him. The waiters serve you the hors d’oeuvres followed by the first course. At this point you fumble trying to figure out how to start eating, which fork to use without seeming completely out of your element.

We would like to believe that no gentleman or lady will either embarrass you, point out or penalise anyone for not knowing how to use cutlery, but let’s be honest, for most of us, we just do not want to ever be in that space, especially if it may leave a bad taste in their mouth. Here are a few tips according to Kent State University Experts:

Proper dining etiquette

Lynn Murahwa
ARRIVAL/SITTING DOWN
• Arrive on time and call ahead if you know you will be late.
• If the restaurant has ushers, allow them to show you to your table and ultimately your seat.
• Do not place any bags, purses, sunglasses, cell phones, or briefcases on the table.
• Have proper posture - that means back straight, head held up - and keep elbows off the table.
• Wait 15 minutes before calling to check on the arrival status of your dinner partners.

TABLE SETTING (What most of us dread)
• When presented with a variety of eating utensils, remember the guideline to start at the outside and work your way in.
• For example, if you have two forks, begin with the fork on the outside.
• Do not talk with your utensils and never hold a utensil in a fist.
• Set the utensils on your plate, not on your napkin on your chair, or to the left of your plate, if you leave the table as a signal to the server that you will be returning.
• When the host places their napkin on the table, this signifies the end of the meal. You should then place your napkin on the table as well.

NAPKIN (Yes, it matters too)
• Typically, you want to put your napkin on your lap (folded in half with the fold towards your waist) soon after sitting down at the table, but follow your host’s lead.
• The napkin should remain on your lap throughout the entire meal. Place your napkin on your chair, or to the left of your plate, if you leave the table as a signal to the server that you will be returning.
• When the host places their napkin on the table, this signifies the end of the meal. You should then place your napkin on the table as well.

ORDERING AND BEING SERVED
• Do not order the most expensive item from the menu, appetizers, or dessert, unless your host encourages you to do so. While it is best not to order alcohol even if the interviewer does, alcohol, if consumed, should be in moderation.
• Avoid ordering items that are messy or difficult to eat (i.e. spaghetti, French onion soup).
• Wait for everyone to be served before beginning to eat, unless the individual who has not been served encourages you to begin eating.
• Eat slowly and pace yourself to finish at the same approximate time as the host or hostess.
• Never blow on your food. If it is hot, wait a few minutes for it to cool off. Scoop your soup away from you.
Car Hire

- chauffeur Driven
- City Tours
- Airport Transfers

Daily Rates Start From $30

282 Herbert Chitepo Avenue
Harare, Zimbabwe

0715452064 | 0717406717
+263 242 708 042

sales@clickdrive.co.zw
www.clickdrive.co.zw
Sports Facts For Clever Conversation

- In 1994, Bulgaria had the only soccer team where all players last names ended in 'OV'.
- Baseball player, Gaylord Perry hit his first and only home run a few hours after Neil Armstrong landed on the moon.
- More than 100 children are conceived annually at the Super Bowl parking lot during tailgate parties.
- The oldest continuous trophy sports is the America’s Cup.
- Golf was banned in England during 1457.

**Baseball umpires are required to wear black underwear.**

This rule was established so that umpires would not be ashamed if their pants were ever to split. This is a requirement set up by the MLB group.

**Babe Ruth once paid a fan to return one of his baseballs.**

This ball was the same one that he hit for his 700th career home run. He paid the fan $20 to get it back.

The Pittsburgh Pirates became the first professional team to have all nine players be of black or Latino descent.

This was recorded in August of 1971. Coincidentally, this was also the year in which they won the World Series.

**The man on the NBA logo was a former player.**

This logo is a silhouette of Jerry West. He is one of many players that are featured in the NBA hall of fame. Jerry West was previously known to play for the Lakers.

**Michael Jordan made enough to feed the whole world**

This is more than what all of the Nike factory workers in Malaysia annually make combined. This is enough money to be able to feed the entire world population a meal.
The first Olympic race was won by a chef.
The first Olympic race took place in 776 BC and was won by a chef named Corubus. Moments after receiving his first paycheck, he hired a cook and an agent.

The record for the most Olympic medals won is held by a gymnast.
Soviet gymnast Larissa Latynina has a total of 18 medals. She competed in three Olympics between the years of 1956 and 1964.

The favorite bet at the horse track wins roughly 30% or less of the time.
The only way to win a show bet is if your horse is placed within the top 3. On average all bets only have a 30-35% chance of winning.

Before the rules were changed in 1900, prizefights lasted 100 rounds.
Now it is lowered to up to 20 rounds as a safety precaution for the fighters. Generally, the rule is four rounds lasting two minutes each.

The temperature of the baseball will determine how far it will fly.
A microwaved baseball will fly much further than a frozen baseball. Warmer balls weigh less and therefore can move faster with less air resistance.

Cheetahs were once raced at Romford Greyhound Stadium.
This was done as an attempt to increase the number of attendees during its events. The owner believed that having cheetahs race would be enough excitement to increase the audience’s interest.

Most NASCAR teams use nitrogen in their tires instead of air.
This allows the tire to have a much more consistent rate of expansion and contraction compared to air. Half a pound of pressure is enough to significantly affect traction. Nitrogen also works well for scooters.

Obsessive sports media began in 1898.
One of the earliest sports programs was broadcasted on the radio. This was coverage of a yacht race that took place in British waters.
The longest recorded tennis match lasted for 11 hours.
This took place at Wimbledon 2010. John Isner won this match against Nicolas Mahut and took over 3 days to complete.

Table tennis balls can travel off the paddle at a speed of 105.6 mph.
That’s about 169.95 kph. The reason why they can travel this speed is due to the force it absorbs when it is hit by the paddle. They also bounce well due to the hard plastic material it is made from. Identifying players by their jersey number was popularized by baseball.

This began as a way for announcers to easily correspond to a player’s position in the batting order. It then became a common practice to present day which started with the Yankees in 1929.

The first modern Olympic games were held in Athens, Greece.
There were a total of 311 competitors. However, among the 311 athletes that entered to compete in 1896, not one of them was female.

Golf balls reach speeds of 170 mph.
That’s around 340 kph.
Tiger Woods' swing speed is at an average of 120 mph.
Fishing is the biggest participant sport on the planet.

Anyone of any age can try it. It can also be used as a leisure sport rather than a competitive one. The biggest fish ever caught was recorded to be a 2,664-pound white shark.

No high jumper can stay off the ground for more than a second.
This is because a human being cannot aerodynamically generate a lift while in the air. Humans also cannot use buoyancy while in the air.

Boxing only became a legal sport in 1901.
The former boxing rules were tougher and the main reason why it was illegal in the first place was due to concern for the safety of the players. However, this did not mean that the sport became any safer after this.

https://facts.net/lifestyle/sports/
Upcoming Movies
we are eager to watch

Wrath of Man
Directed by: Guy Ritchie
Starring: Jason Statham, Scott Eastwood, Jeffrey Donovan, Josh Hartnett, Post Malone.
This action flick stars a mysterious and wild-eyed new security guard for a cash truck who surprises his co-workers when he unleashes precision skills during a heist. The crew is left wondering who he is and where he came from. Soon, the marksman’s ultimate motive becomes clear as he takes dramatic and irrevocable steps to settle a score.

Cruella
Directed by: Alex Timbers and Craig Gillespie
Starring: Emma Stone, Joel Fry, Kirby Howell-Baptiste, Paul Walter Hauser, Emma Thompson
Academy Award winner Emma Stone stars in Disney’s "Cruella," an all-new live-action feature film about the rebellious early days of one of cinemas most notorious - and notoriously fashionable - villains, the legendary Cruella de Vil. "Cruella," which is set in 1970s London amidst the punk rock revolution, follows a young grifter named Estella, a clever and creative girl determined to make a name for herself with her designs. She befriends a pair of young thieves who appreciate her appetite for mischief, and together they are able to build a life for themselves on the London streets. One day, Estella’s flair for fashion catches the eye of the Baroness von Hellman, a fashion legend who is devastatingly chic and terrifyingly haute, played by two-time Oscar winner Emma Thompson. But their relationship sets in motion a course of events and revelations that will cause Estella to embrace her wicked side and become the raucous, fashionable and revenge-bent Cruella.

The Hitman’s Wife's Bodyguard
Directed by: Patrick Hughes
Starring: Ryan Reynolds, Samuel L. Jackson, Salma Hayek, Richard E. Grant, Morgan Freeman, Antonio Banderas, Frank Grillo
The world’s most lethal odd couple -- bodyguard Michael Bryce (Ryan Reynolds) and hitman Darius Kincaid (Samuel L. Jackson) -- are back on another life-threatening mission. Still unlicensed and under scrutiny, Bryce is forced into action by Darius’s even more volatile wife, the infamous international con artist Sonia Kincaid (Salma Hayek). As Bryce is driven over the edge by his two most dangerous protectees, the trio get in over their heads in a global plot and soon find that they are all that stand between Europe and a vengeful and powerful madman (Antonio Banderas). Joining in the fun and deadly mayhem is Morgan Freeman as... well, you’ll have to see.

The Boss Baby: Family Business
Directed by: Tom McGrath
Starring: Alec Baldwin, Amy Sedaris, Lisa Kudrow, James Marsden, Jeff Goldblum, Jimmy Kimmel, Eva Longoria
In the sequel to DreamWorks Animation’s Oscar-nominated blockbuster comedy, the Templeton brothers--Tim (James Marsden) and his Boss Baby little bro Ted (Alec Baldwin) have become adults and drifted away from each other. Tim is now a married stay-at-home dad. Ted is a hedge fund CEO. But a new boss baby with a cutting-edge approach and a can-do attitude is about to bring them together again... and inspire a new family business.-rottentomatoes.com