The AhaBulb Party Game

STUFF EVERY RUNNER SHOULD KNOW

How to play (30 seconds)

1. The reader reads a card and its three answers out loud.
2. Everyone says "One, two, three, Goldilocks!" and holds up 1, 2, or 3 fingers.
3. The reader flips the card and reads the answer and the Why.
4. Everyone who was right takes a point.
5. The reader reads the joke with a straight face. Anyone laughs or groans? The reader takes a point. Nobody got it right? The reader takes a point.
6. Pass the deck left. Most points when the points run out wins.

What you need

These cards and the point tokens on the last two pages. No tokens? Use coins, buttons, pebbles, or marshmallows. 3 to 10 players, ages 8 and up.

Expert rule: Bet It

Before the reader flips the card, you may put one of your points on your answer. Right: take your normal point plus one extra. Wrong: your bet goes back to the pile. That's it.

Printing

Print single-sided, on cardstock if you have it. Cut on the dashed lines. Each card is a 3.5 x 5 inch index card. The answer half is upside down on purpose, so the table can't peek.

Cards 1 to 50 of 61. More cards and the free daily online game at sesk.info. Built 2026-10-14.

SPORTS & FITNESS

In a trial of 532 beginner runners, did a 10 percent rule plan cut injuries?

- **A** No, injury rates were about the same
- **B** Yes, injuries dropped by half
- **C** Yes, almost no one got hurt

FLIP FOR THE ANSWER

A No, injury rates were about the same

WHY Dutch researchers compared a slower 13-week plan built on the 10 percent rule with a standard 8-week plan. About 1 in 5 runners got hurt in both groups. Building up gradually is still common advice, but the number is not magic.

STRAIGHT FACE
The 10 percent rule walked into a lab. It came out 0 percent smarter.

SESK.INFO #9666

SPORTS & FITNESS

How many miles is a 5K race?

- **A** About 2.5 miles
- **B** About 3.1 miles
- **C** Exactly 5 miles

FLIP FOR THE ANSWER

B About 3.1 miles

WHY The K stands for kilometers, so a 5K is 5 kilometers. One mile is about 1.609 kilometers, which makes 5 kilometers about 3.1 miles.

STRAIGHT FACE
Why did the runner bring string to the 5K? So she could tie for first.

SESK.INFO #9664

SPORTS & FITNESS

You run 3 miles a week. Under the 10 percent rule, how much could you add next week?

- **A** 1 mile
- **B** 3 miles
- **C** 0.3 miles

FLIP FOR THE ANSWER

C 0.3 miles

WHY The 10 percent rule says to grow your weekly mileage by no more than 10 percent. Ten percent of 3 miles is 0.3 miles, so next week tops out at 3.3 miles.

STRAIGHT FACE
I told my coach I'd add 10 percent more running. He didn't mean 10 percent more excuses.

SESK.INFO #9665

SPORTS & FITNESS

In Mayo Clinic's beginner 5K plan, what is the week one run/walk pattern?

- **A** Run 15 seconds, walk 45 seconds
- **B** Run 5 minutes, walk 1 minute
- **C** Run 1 mile, walk 1 mile

FLIP FOR THE ANSWER

A Run 15 seconds, walk 45 seconds

WHY Beginners start with short bursts of running and lots of walking. Over the seven weeks, the running intervals gradually grow and the walking intervals shrink, which helps lower the risk of injury, stress and fatigue.

STRAIGHT FACE
What's a runner's favorite subject in school? Jog-raphy.

SESK.INFO #9663

SPORTS & FITNESS

Talk test: you can talk but not sing while exercising. What intensity is that?

- **A** Vigorous
- **B** Moderate
- **C** Maximal effort

FLIP FOR THE ANSWER

B Moderate

WHY The CDC talk test is a quick effort check. At moderate intensity you can talk but not sing. At vigorous intensity you can say only a few words before pausing for a breath.

STRAIGHT FACE
I tried the talk test on my run. Now my running buddy won't stop talking.

SESK.INFO #9667

SPORTS & FITNESS

On a 0 to 10 effort scale where sitting is 0, where does vigorous effort begin?

- **A** 3 or 4
- **B** 5 or 6
- **C** 7 or 8

FLIP FOR THE ANSWER

C 7 or 8

WHY The CDC rates effort from 0 (sitting) to 10 (all-out). Moderate is a 5 or 6 and vigorous starts at 7 or 8. The same pace can be moderate for a very fit runner and vigorous for a beginner.

STRAIGHT FACE
On a scale of 1 to 10, my effort on the couch is a solid zero.

SESK.INFO #9668

SPORTS & FITNESS

On an easy run, what does Mayo Clinic Health System say you should be able to do?

- **A** Talk in complete sentences
- **B** Say only one word at a time
- **C** Hold your breath for 30 seconds

FLIP FOR THE ANSWER

A Talk in complete sentences

WHY If you can talk in full sentences without gasping, you are in your aerobic zone. If you can't, you are likely working above your target. Slowing down until you can chat is the easy fix.

STRAIGHT FACE
I run at conversation pace. Mostly the conversation is me asking, 'Are we done yet?'

SESK.INFO #9669

SPORTS & FITNESS

What warm-up does Mayo Clinic suggest before a run?

- **A** Sprint as hard as you can for 1 minute
- **B** Walk briskly for 5 to 10 minutes
- **C** Hold toe-touch stretches for 10 minutes

FLIP FOR THE ANSWER

B Walk briskly for 5 to 10 minutes

WHY A warm-up slowly raises body temperature and blood flow to the muscles, getting your heart ready for harder work. It may make you sweat a little, but it should not leave you tired.

STRAIGHT FACE
Why did the runner wear a sweater to warm up? He took the warm-up a little too literally.

SESK.INFO #9670

SPORTS & FITNESS

What is the main job of a cool-down after a run?

- **A** Burn extra calories before you stop
- **B** Prevent all muscle soreness the next day
- **C** Let heart rate and blood pressure come down slowly

FLIP FOR THE ANSWER

C Let heart rate and blood pressure come down slowly

WHY A cool-down means keeping moving at an easy pace for a few minutes, like a brisk walk after a run. Mayo Clinic says it does not seem to reduce next-day stiffness and soreness, though more research is needed.

STRAIGHT FACE
What did the cool-down say to the warm-up? See you on the other side of the run.

SESK.INFO #9671

SPORTS & FITNESS

If you stretch as part of running, when is the best time, according to Mayo Clinic?

- **A** After the warm-up or cool-down
- **B** First thing, before any movement
- **C** Only halfway through the run

FLIP FOR THE ANSWER

A After the warm-up or cool-down

WHY Muscles stretch better when they are warm. Stretching can improve flexibility and range of motion, but studies haven't regularly shown that it prevents soreness or injury.

STRAIGHT FACE
I'm great at stretching. I can stretch a five-minute job into an hour.

SESK.INFO #9672

SPORTS & FITNESS

When training for a race, how often does Mayo Clinic Health System suggest a long, slow run?

- **A** Every single day
- **B** One to two times a week
- **C** Once a month

FLIP FOR THE ANSWER

B One to two times a week

WHY Long, slow runs teach your body to handle the stress of race distance. They strengthen bones, ligaments and tendons and help your body move oxygen more efficiently.

STRAIGHT FACE
Why did the long run tell so many jokes? It had a lot of time to pass.

SESK.INFO #9673

SPORTS & FITNESS

Why do runners add cycling, elliptical or swimming workouts?

- **A** Because running can't build endurance
- **B** To replace all running before a race
- **C** To build fitness with less pounding on the legs

FLIP FOR THE ANSWER

C To build fitness with less pounding on the legs

WHY Running is high-impact, so your legs take a beating on hard surfaces. Biking, elliptical machines and swimming build strength and endurance while cutting repeated impact, which can lower injury risk.

STRAIGHT FACE
Why can't a bicycle stand up on its own? It's two tired.

SESK.INFO #9674

SPORTS & FITNESS

How many easy or rest days should follow each hard training day, per Mayo Clinic Health System?

- **A** At least one
- **B** None, push hard every day
- **C** At least four

FLIP FOR THE ANSWER

A At least one

WHY Hard workouts tire your body, and easier days give it time to recover. Pairing every heavy day with at least one easy or rest day helps you keep improving without wearing out.

STRAIGHT FACE
My training plan is hard day, easy day. My couch only knows about the easy days.

SESK.INFO #9675

SPORTS & FITNESS

In Mayo Clinic's beginner 5K plan, what should you do the day before the race?

- **A** Run the full 5K as a test
- **B** Rest
- **C** Do your longest run of the week

FLIP FOR THE ANSWER

B Rest

WHY Resting the day before lets your legs arrive fresh on race day. The fitness you need was already built during the weeks of training.

STRAIGHT FACE
Why did the runner nap before the race? He wanted to be well rested, not well tested.

SESK.INFO #9676

SPORTS & FITNESS

When is true rest better than a light active-recovery workout, per Cleveland Clinic?

- **A** When you feel great
- **B** The day after an easy run
- **C** When you are sick or injured

FLIP FOR THE ANSWER

C When you are sick or injured

WHY Active recovery means light movement on a rest day, like a runner cycling or swimming instead of running. But if you are injured, sick or short on sleep, true rest such as sleep may be the better choice.

STRAIGHT FACE
Why did the runner take up swimming on rest days? He wanted to stay in the swim of things.

SESK.INFO #9677

SPORTS & FITNESS

In a study of 45 runners, what did a 5 to 10 percent higher step rate do?

- **A** Reduced loading at the hip and knee
- **B** Made runners much slower
- **C** Doubled the force on the knees

FLIP FOR THE ANSWER

A Reduced loading at the hip and knee

WHY Step rate, or cadence, is how many steps you take per minute. At the same speed, slightly quicker and shorter steps meant less energy absorbed at the knee. Talk to a coach before making big form changes.

STRAIGHT FACE
Why did the runner sit next to the speaker? He wanted to catch the beat for his cadence.

SESK.INFO #9678

SPORTS & FITNESS

In official track races that include a bend, which way do runners go around?

- **A** Clockwise, right hand toward the inside
- **B** Counterclockwise, left hand toward the inside
- **C** It switches direction every lap

FLIP FOR THE ANSWER

B Counterclockwise, left hand toward the inside

WHY World Athletics rules say races with at least one bend run 'left-hand inside,' so your left shoulder faces the infield. Seen from above, that is counterclockwise.

STRAIGHT FACE
Why do runners go counterclockwise? So they never feel like they're ahead of their time.

SESK.INFO #9679

SPORTS & FITNESS

On a standard running track, which lane is lane 1?

- **A** The outermost lane
- **B** The middle lane
- **C** The innermost lane

FLIP FOR THE ANSWER

C The innermost lane

WHY World Athletics numbers lanes from the inside out, with the left-hand inside lane as lane 1. On a curve, the outer lanes cover more ground, which is why lane races use staggered starts.

STRAIGHT FACE
Why did the runner stay in lane 1? He wanted to be in on the inside joke.

SESK.INFO #9680

SPORTS & FITNESS

How long is one lap of a standard outdoor running track?

- **A** 400 meters
- **B** 200 meters
- **C** 1 mile

FLIP FOR THE ANSWER

A 400 meters

WHY World Athletics sets a standard track at 400 meters, with two straights and two equal bends. Four laps is 1,600 meters, just short of a mile, which is about 1,609 meters.

STRAIGHT FACE
Why was the running track so tired? It went around in circles all day.

SESK.INFO #9681

SPORTS & FITNESS

On a shared track, how should a faster runner pass a slower one?

- **A** Squeeze by on the inside
- **B** Pass on the outside
- **C** Run right behind them until they move

FLIP FOR THE ANSWER

B Pass on the outside

WHY Passing on the outside lets the slower person keep their line. Rules differ between tracks, so read the posted signs: at one university track walkers use the inside lanes and the direction changes by day.

STRAIGHT FACE
Why are good runners so polite? They always pass with flying colors.

SESK.INFO #9682

SPORTS & FITNESS

How long is a marathon?

- **A** 38.6 km, about 24 miles
- **B** 48.3 km, about 30 miles
- **C** 42.195 km, about 26.2 miles

FLIP FOR THE ANSWER

C 42.195 km, about 26.2 miles

WHY World Athletics lists the marathon as exactly 42.195 kilometers. In miles that is 26 miles 385 yards, usually rounded to 26.2.

STRAIGHT FACE
Why is a marathon 26.2 miles? Because 26.3 would just be silly.

SESK.INFO #9683

SPORTS & FITNESS

Why is the marathon 26.2 miles instead of a round number?

- **A** It matches the 1908 London Olympic course
- **B** It is the exact route of an ancient Greek messenger
- **C** It is 42 km plus one lap of a track

FLIP FOR THE ANSWER

A It matches the 1908 London Olympic course

WHY The 1908 London Olympic marathon started at Windsor Castle and finished in front of the Royal Box at White City Stadium, 26 miles 385 yards away. That fairly random distance became the official marathon length in 1921.

STRAIGHT FACE
Why did the 1908 marathon end by the Royal Box? The runners wanted a crowning finish.

SESK.INFO #9684

SPORTS & FITNESS

Who won the first modern Olympic marathon, in Athens in 1896?

- **A** Johnny Hayes, an American
- **B** Spyros Louis, a Greek shepherd
- **C** Dorando Pietri, an Italian

FLIP FOR THE ANSWER

B Spyros Louis, a Greek shepherd

WHY The 1896 race ran from Marathon to Athens, about 40 kilometers. Louis took the lead midway and held it, and the home crowd erupted when a Greek runner reached the stadium first.

STRAIGHT FACE
Spyros Louis was a shepherd, so after he won, everyone had herd of him.

SESK.INFO #9685

SPORTS & FITNESS

When was the first Boston Marathon held?

- **A** 1924
- **B** 1951
- **C** 1897

FLIP FOR THE ANSWER

C 1897

WHY The Boston Athletic Association held its first marathon on April 19, 1897, inspired by the first Olympic marathon a year earlier. Ten of the 15 starters finished, and it has been run every year since.

STRAIGHT FACE
Why is the Boston Marathon so experienced? It's been running since 1897.

SESK.INFO #9686

SPORTS & FITNESS

What is a negative split in a race?

A Running the second half faster than the first
B Running the first half faster than the second
C Stopping halfway to rest

FLIP FOR THE ANSWER

A Running the second half faster than the first

WHY Many runners start too fast and slow down later, which is a positive split. A negative split means starting a little easier, saving energy and finishing faster than you began.

STRAIGHT FACE
Why did the banana run a negative split? It was saving the best split for last.

SESK.INFO #9690

SPORTS & FITNESS

About how far is a half marathon?

A About 10 miles
B About 13.1 miles
C About 15 miles

FLIP FOR THE ANSWER

B About 13.1 miles

WHY A half marathon is half of 42.195 kilometers, or about 21.1 kilometers. Since a mile is about 1.609 kilometers, that works out to about 13.1 miles.

STRAIGHT FACE
Why did the runner only do half the marathon? He was half asleep at the start.

SESK.INFO #9688

SPORTS & FITNESS

A 10K race is about how many miles?

A About 5 miles
B About 10 miles
C About 6.2 miles

FLIP FOR THE ANSWER

C About 6.2 miles

WHY The K means kilometers, so a 10K is 10 kilometers. Divide by about 1.609 kilometers per mile and you get about 6.2 miles, double a 5K.

STRAIGHT FACE
Why did the runner sign up for the 10K? The 5K was only half the fun.

SESK.INFO #9689

SPORTS & FITNESS

In what year did women first race the marathon at the Olympics?

A 1984
B 1896
C 1960

FLIP FOR THE ANSWER

A 1984

WHY American Joan Benoit won the first Olympic women's marathon at the 1984 Los Angeles Games in 2:24:52. Before those Games, the longest Olympic race for women was 1,500 meters.

STRAIGHT FACE
Joan Benoit led so far ahead, the other runners needed a pen pal to keep in touch.

SESK.INFO #9687

SPORTS & FITNESS

In a survey of 1,300+ marathoners, what best predicted slowing down late in the race?

- **A** Being very competitive
- **B** Starting at a risky, too-fast pace
- **C** Having run many marathons

FLIP FOR THE ANSWER

B Starting at a risky, too-fast pace

WHY Runners who admitted starting at a pace they probably couldn't hold slowed the most, even after accounting for training and experience. Pick a pace you can keep, then speed up late if you feel good.

STRAIGHT FACE
Why did the runner sprint the first mile? He wanted to get the tired part over with early.

SESK.INFO #9691

SPORTS & FITNESS

How much activity does the CDC recommend for kids and teens ages 6 to 17?

- **A** At least 15 minutes every day
- **B** At least 3 hours every day
- **C** At least 60 minutes every day

FLIP FOR THE ANSWER

C At least 60 minutes every day

WHY Most of that hour should be aerobic, like running, walking or anything that gets the heart beating faster. At least 3 days a week should include vigorous activity.

STRAIGHT FACE
Why did the kid run laps at recess? He was trying to catch up on his homework time.

SESK.INFO #9692

SPORTS & FITNESS

Running counts as vigorous exercise. How many vigorous minutes a week meet the adult guideline?

- **A** 75 minutes
- **B** 30 minutes
- **C** 300 minutes

FLIP FOR THE ANSWER

A 75 minutes

WHY US health guidelines recommend adults get 150 minutes of moderate or 75 minutes of vigorous aerobic activity a week, or a mix. Vigorous minutes count about double, so a runner can get there in half the time.

STRAIGHT FACE
I meet the guideline every week. I run 75 minutes late to everything.

SESK.INFO #9693

SPORTS & FITNESS

Which heat illness happens when the body can no longer control its temperature?

- **A** Heat stroke
- **B** Heat exhaustion
- **C** Heat cramps

FLIP FOR THE ANSWER

A Heat stroke

WHY Heat stroke happens when the body can no longer control its temperature and sweating may fail. It is a medical emergency that can cause lasting harm without fast treatment.

STRAIGHT FACE
Why did the runner bring ice cubes to practice? To keep their cool.

SESK.INFO #9694

SPORTS & FITNESS

Which heat illness often causes heavy sweating, weakness, and cool, moist skin?

A Heat stroke
B Heat cramps
C Heat exhaustion

FLIP FOR THE ANSWER

C Heat exhaustion

WHY Heat exhaustion happens when the body loses too much water and salt through sweat. Signs include heavy sweating, weakness, dizziness, and cool, moist skin.

STRAIGHT FACE
Why did the runner drink a big glass of water after the summer run? To avoid becoming a raisin in uniform.

SESK.INFO #9696

SPORTS & FITNESS

Which warning sign points to heat stroke in a runner, not just a hard workout?

A Confusion or slurred speech
B Mild thirst after the run
C Shivering and goosebumps

FLIP FOR THE ANSWER

A Confusion or slurred speech

WHY Heat stroke affects the brain, so confusion, slurred speech, seizures or passing out are warning signs. Call 911 right away. Thirst alone is common after any run.

STRAIGHT FACE
Why did the runner carry a thermometer? To see if they were on a hot streak.

SESK.INFO #9695

SPORTS & FITNESS

Which urine color suggests a runner may need more fluids?

A Clear urine
B Light yellow urine
C Dark-colored urine

FLIP FOR THE ANSWER

C Dark-colored urine

WHY MedlinePlus lists dark-colored urine as a sign of dehydration, along with thirst, a dry mouth, and peeing less than usual. Drink fluids before, during, and after long runs.

STRAIGHT FACE
Why did the runner bring a straw? To stay well sipped.

SESK.INFO #9698

SPORTS & FITNESS

What should you do first if a runner seems confused, hot, and may have heat stroke?

A Call 911 and cool the person quickly
B Give them a caffeinated energy drink
C Tell them to keep running slowly

FLIP FOR THE ANSWER

A Call 911 and cool the person quickly

WHY Heat stroke is a medical emergency. Call 911, move the person to a cool, shady place, and cool them fast with cold wet cloths or a cold water or ice bath.

STRAIGHT FACE
Why did the runner put their water bottle in the shade? They did not want it to get hot-headed.

SESK.INFO #9697

SPORTS & FITNESS

What does hyponatremia mean?

- **A** High blood sodium
- **B** Low blood sodium
- **C** Low blood calcium

FLIP FOR THE ANSWER

B Low blood sodium

WHY Hyponatremia means the sodium in your blood is lower than normal. Drinking too much water during endurance events like marathons can dilute the sodium in your blood.

STRAIGHT FACE
Why did the runner put a pinch of salt in their joke? It needed some seasoning.

SESK.INFO #9699

SPORTS & FITNESS

What are electrolytes?

- **A** Minerals with an electric charge
- **B** Proteins that build muscle
- **C** Fats stored for energy

FLIP FOR THE ANSWER

A Minerals with an electric charge

WHY Electrolytes include sodium, potassium, and calcium. They help balance fluids and support muscle and nerve function.

STRAIGHT FACE
Why did sodium and potassium win the relay? They had great chemistry.

SESK.INFO #9700

SPORTS & FITNESS

Why do long sweaty runs increase a runner's need for sodium?

- **A** Muscles burn sodium for fuel
- **B** Sweat contains salt
- **C** Lungs exhale large amounts of sodium

FLIP FOR THE ANSWER

B Sweat contains salt

WHY You lose sodium when you sweat. Long or hot runs can drain enough to matter, and heavy sweating is one cause of an electrolyte imbalance.

STRAIGHT FACE
Why did the runner sweat on the saltshaker? They needed a refill.

SESK.INFO #9701

SPORTS & FITNESS

Which nutrient is the body's main energy source during a run and is helpful to eat before runs lasting more than an hour?

- **A** Protein
- **B** Fat
- **C** Carbohydrates

FLIP FOR THE ANSWER

C Carbohydrates

WHY Carbohydrates provide energy during exercise. They are stored mostly in your muscles and liver, so eating some before a long run helps you keep going.

STRAIGHT FACE
Why did the runner bring a banana to the race? It was appealing.

SESK.INFO #9702

SPORTS & FITNESS

Where is a side stitch usually felt during running?

- **A** Across the lower back
- **B** Just below the ribs on one side
- **C** In the center of the chest

FLIP FOR THE ANSWER

B Just below the ribs on one side

WHY A side stitch may be a spasm of the diaphragm, the muscle between your chest and belly. You usually feel it right under your ribs or as a jabbing pain on your side.

STRAIGHT FACE
Why did the runner bring a needle? To fix a side stitch.

SESK.INFO #9703

SPORTS & FITNESS

Which action commonly helps ease a side stitch while running?

- **A** Breathe as fast as possible
- **B** Slow down and take deep breaths
- **C** Speed up until it disappears

FLIP FOR THE ANSWER

B Slow down and take deep breaths

WHY Slowing your pace and taking deep breaths gives the muscle time to relax. Pressing on the sore spot with your fingers may also help.

STRAIGHT FACE
Why did the runner do yoga at mile three? To iron out a side stitch.

SESK.INFO #9704

SPORTS & FITNESS

Where does shin splint pain usually occur?

- **A** Behind the kneecap
- **B** On the outer ankle bone
- **C** Along the inner edge of the shinbone

FLIP FOR THE ANSWER

C Along the inner edge of the shinbone

WHY Shin splints cause pain along the inner edge of the tibia. It is a common overuse problem in runners.

STRAIGHT FACE
Why did the tibia win an award? It was a bone-a-fide star.

SESK.INFO #9705

SPORTS & FITNESS

What often causes shin splints in runners?

- **A** Sudden increase in distance or intensity
- **B** Wearing shorts on a cold day
- **C** Drinking too little coffee

FLIP FOR THE ANSWER

A Sudden increase in distance or intensity

WHY Shin splints are an overuse injury. Ramping up mileage or speed too quickly, or changing surfaces, can strain the lower leg.

STRAIGHT FACE
Why did the runner jump in distance? They wanted to go the extra mile.

SESK.INFO #9706

SPORTS & FITNESS

Which symptom is most typical of runner's knee?

- **A** Pain in the calf muscle
- **B** Pain around the kneecap
- **C** Numbness in the toes

FLIP FOR THE ANSWER

B Pain around the kneecap

WHY Runner's knee, called patellofemoral pain syndrome, causes pain in the front of the knee around the patella.

STRAIGHT FACE
Why did the runner study for the race? They wanted to ace their knee exam.

SESK.INFO #9707

SPORTS & FITNESS

Which activity often makes runner's knee feel worse?

- **A** Lying flat on a bed
- **B** Waving your arms
- **C** Going up or down stairs

FLIP FOR THE ANSWER

C Going up or down stairs

WHY Bending the knee under load stresses the patellofemoral joint. Stairs, squatting, and running downhill often flare the pain.

STRAIGHT FACE
Why did the runner avoid the escalator? It was too step-by-step.

SESK.INFO #9708

SPORTS & FITNESS

Which heel pain pattern suggests plantar fasciitis?

- **A** Sharp pain with first morning steps
- **B** Pain only while sleeping
- **C** Pain on top of the toes

FLIP FOR THE ANSWER

A Sharp pain with first morning steps

WHY Plantar fasciitis causes heel pain that is usually worst with the first few steps after getting out of bed, or after a long rest like a car ride.

STRAIGHT FACE
Why did the runner get out of bed slowly? They did not want to plant any bad steps.

SESK.INFO #9709

SPORTS & FITNESS

Which factor raises the risk of plantar fasciitis?

- **A** Being double jointed
- **B** Tight calf muscles and being overweight
- **C** Eating too much protein

FLIP FOR THE ANSWER

B Tight calf muscles and being overweight

WHY Tight calf muscles and extra body weight put more strain on the plantar fascia. AAOS also lists flat feet or a high arch and long hours standing on hard surfaces.

STRAIGHT FACE
Why did the runner stretch their calves? To keep every step a cinch.

SESK.INFO #9710

SPORTS & FITNESS

What is the usual first treatment for Achilles tendinitis?

- **A** Rest and ice
- **B** Immediate surgery
- **C** Continuing hill sprints

FLIP FOR THE ANSWER

A Rest and ice

WHY Most cases get better without surgery, though it can take a few months. First cut back on activities that hurt, and ice the sore spot to ease the pain.

STRAIGHT FACE
Why did the runner put their feet up? To give the tendon a rest stop.

SPORTS & FITNESS

What commonly triggers Achilles tendinitis in runners?

- **A** Wearing extra socks
- **B** Drinking too much water
- **C** A sudden jump in running distance or intensity

FLIP FOR THE ANSWER

C A sudden jump in running distance or intensity

WHY The Achilles tendon gets irritated when you do too much, too quickly. Adding a few miles a day without giving your body time to adjust can inflame it.

STRAIGHT FACE
Why did the runner name their dog Achilles? He was always at their heel.

1
AhaBulb POINT

1
AhaBulb POINT