

Friday the 13th & Luck Trivia Questions:

Why is Friday the 13th considered unlucky in Western superstition?

- A. It was the day the stock market crashed in 1929
- B. It's associated with the Last Supper and Crucifixion
- C. It marks the start of the Black Plague
- D. It's the day Julius Caesar was assassinated

What is the fear of the number 13 called?

- A. Hexakosioihexekontahexaphobia
- B. Triskaidekaphobia
- C. Tetrophobia
- D. Paraskevidekatriaphobia

Which famous building is known for omitting the 13th floor?

- A. Empire State Building
- B. Eiffel Tower
- C. Burj Khalifa
- D. Sydney Opera House

In which country is the number 4 considered extremely unlucky due to its pronunciation similar to the word for "death"?

- A. Japan
- B. India
- C. China
- D. Brazil

What day is considered unlucky in many Spanish-speaking countries instead of Friday the 13th?

- A. Monday the 13th
- B. Tuesday the 13th
- C. Friday the 17th
- D. Thursday the 12th

Which ancient civilization is thought to have started the superstition around the number 13 due to the betrayal of Loki at a banquet of gods?

- A. Greek
- B. Egyptian
- C. Norse
- D. Roman

What is considered a common good-luck charm in many cultures?

- A. Broken mirror
- B. Black cat
- C. Four-leaf clover
- D. Walking under a ladder

Which of these is a traditional method to ward off bad luck after spilling salt?

- A. Sweeping it up immediately
- B. Throwing it over your left shoulder
- C. Mixing it with water
- D. Stepping on it

Answer Key: B, B, A, C, B, C, C, B

Lucky to Move: The 13 x 13 Challenge

They say you make your own luck, and what better way to do that than by moving your body? Today's challenge is about embracing the number 13 in a way that brings strength, energy, and maybe even a little good fortune. You'll complete 13 reps of three simple exercises for 13 sets, but don't worry—it doesn't need to be done all at once! Spread it out throughout the day to make it more manageable.

This challenge is designed to push you, but it's absolutely achievable. If you need further modifications to make it work for you, just let me know—I want everyone to feel successful.

Let's turn today into a lucky win for your body and mind!

The 13 x 13 Challenge

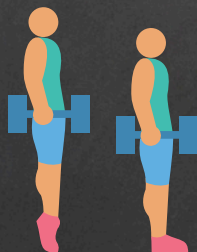
13 Jumping Jacks or Side-to-Sides

Great for a cardio boost, and the side-to-sides provide a low-impact alternative.



13 Chair Squats or Calf Raises

Focused on lower body strength, with the calf raises as a gentler option.



13 Push-Ups or Wall Push-Ups

Upper body strength focus, with wall push-ups making it accessible for everyone.

