

Can you solve these brain teasers?

Brain Teaser

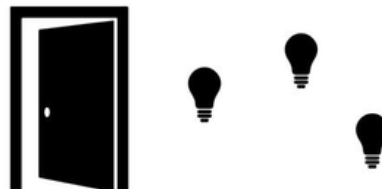
1



A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

Brain Teaser

2



You are in a room that has three switches and a closed door. The switches control three light bulbs on the other side of the door. Once you open the door, you may never touch the switches again. How can you definitively tell which switch is connected to each of the light bulbs?

Brain Teaser

3



I left my campsite and hiked south for 3 miles. Then I turned east and hiked for 3 miles. I then turned north and hiked for 3 miles, at which time I came upon a bear inside my tent eating my food! What color was the bear?

Brain Teaser

4



A man is looking at a photograph of someone. His friend asks who it is. The man replies, "Brothers and sisters, I have none. But that man's father is my father's son." Who was in the photograph?

Brain Teaser

5

JOB
POLISH
HERB

What is special about these words: job, polish, herb?

Click [HERE](#)
for Answers

Winter Warm Up

Sleep Smarter Feel Stronger Challenge!

Why Sleep Matters:

Sleep is a cornerstone of good health and fitness. It helps your body recover, rebuild, and prepare for the next day's challenges. Without proper sleep, it's harder to stay focused, energized, and on track. That's why tonight's challenge is all about improving your sleep hygiene—small actions that can make a big difference in how well you rest.

Your Mission:

Complete at least 5 tasks from the list tonight, and you'll be entered into a raffle to win a Bluetooth sleep mask (perfect for relaxing music or meditation).

[Click here to log your habits and enter!](#)

Tonight's Sleep Hygiene Tasks

Set Your Bedtime:

Decide what time you'll go to bed tonight and stick to it.

Turn Off Screens:

Power down your phone, TV, or tablet at least 30 minutes before bed.

Wind Down with a Routine:

Spend 20 minutes doing something calming before bed.

Cool and Dark:

Adjust your bedroom to a cool, comfortable temperature and turn off all lights.

Skip Caffeine and Alcohol:

Avoid coffee, tea, or alcohol tonight to improve your sleep quality.

Tidy Your Space:

Make your bed and declutter your room to create a more relaxing sleep environment.

Write It Down:

Take a few minutes to journal or list things you're grateful for to clear your mind.

Stretch or Breathe:

Do 5 minutes of light stretching or deep breathing to relax your body.

Avoid Late Snacks:

Finish eating at least 2 hours before bed to prevent sleep disruptions.

Play Relaxing Sounds:

Use a white noise app, nature sounds, or calming music to mask any disruptive noise.