

FEATS of STRENGTH

Show your friends your superiority this season.



Thumb Wrestling: 1,2,3,4, I declare a thumb war! This is a safer game but make sure you lay down some ground rules before you start. Thumbs can be broken.

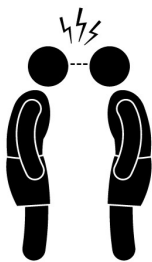
Pillow Fight: We have no idea how you declare a winner in this game. But opthamologists will agree—wear protective eye wear. And don't use down-filled pillows—unless you like vacuuming.

Finger Jousting: Haven't heard of it? Square off with your opponent by locking your right hands. The first to lance your friend with your index finger of your left hand wins. Check out fingerjoust.com for specific rules.



Staring Contest: This game is awkward and can last for hours. Don't blink. Try not to smile.

Keep Your Arms Up: You'll need two matching heavy textbooks. Hold a book in each hand and raise your arms until they are parallel to the floor, then time who can keep their arms up the longest.



Arm Wrestling: If you don't know what this is, it's time to crawl out from under that rock you've been living under. Google it. The rules in this one are important.

Hold your breath: You'll need a timer for this one. Step up the game by doing it underwater in an ice bath.



Stay Outside: If the temperature drops below 20 degrees Celsius, see who can stay outside the longest in gym shorts and a t-shirt. If you have trouble, try the Wim Hof method (wimhofmethod.com).

A MERRY FESTIVUS TO YOU AND YOUR KIN!