

OSCAR WILDE

AUTHOR



AUTHOR

ABOUT ME:

(B. OCTOBER 16, 1854 - D. NOVEMBER 30, 1900)

I AM AN AUTHOR WHO WAS KNOWN FOR MY ACCLAIMED WORKS INCLUDING *THE PICTURE OF DORIAN GRAY* AND *THE IMPORTANCE OF BEING EARNEST*, AS WELL AS MY BRILLIANT WIT, FLAMBOYANT STYLE AND INFAMOUS IMPRISONMENT FOR “GROSS INDECENCY.”

“BE YOURSELF; EVERYONE ELSE IS ALREADY TAKEN.”

**FITNESS CHALLENGE:
15 MOUNTAIN CLIMBERS**

AMY TAN

AUTHOR

ABOUT ME:

(B. FEBRUARY 9, 1952 - PRESENT)

I WAS BORN IN OAKLAND, CALIFORNIA AND ATTENDED SAN JOSE STATE UNIVERSITY. MY FIRST NOVEL *THE JOY LUCK CLUB* WAS PUBLISHED IN 1989 AND BECAME THE LONGEST RUNNING *NEW YORK TIMES* BEST SELLER FOR THAT YEAR.

"IF YOU CAN'T CHANGE YOUR FATE, CHANGE YOUR ATTITUDE."

**FITNESS CHALLENGE:
10 ALTERNATING LUNGES**

AUTHOR



MAYA ANGELOU

AUTHOR

AUTHOR

ABOUT ME:

(B. APRIL 4, 1928 - D. MAY 28, 2014)

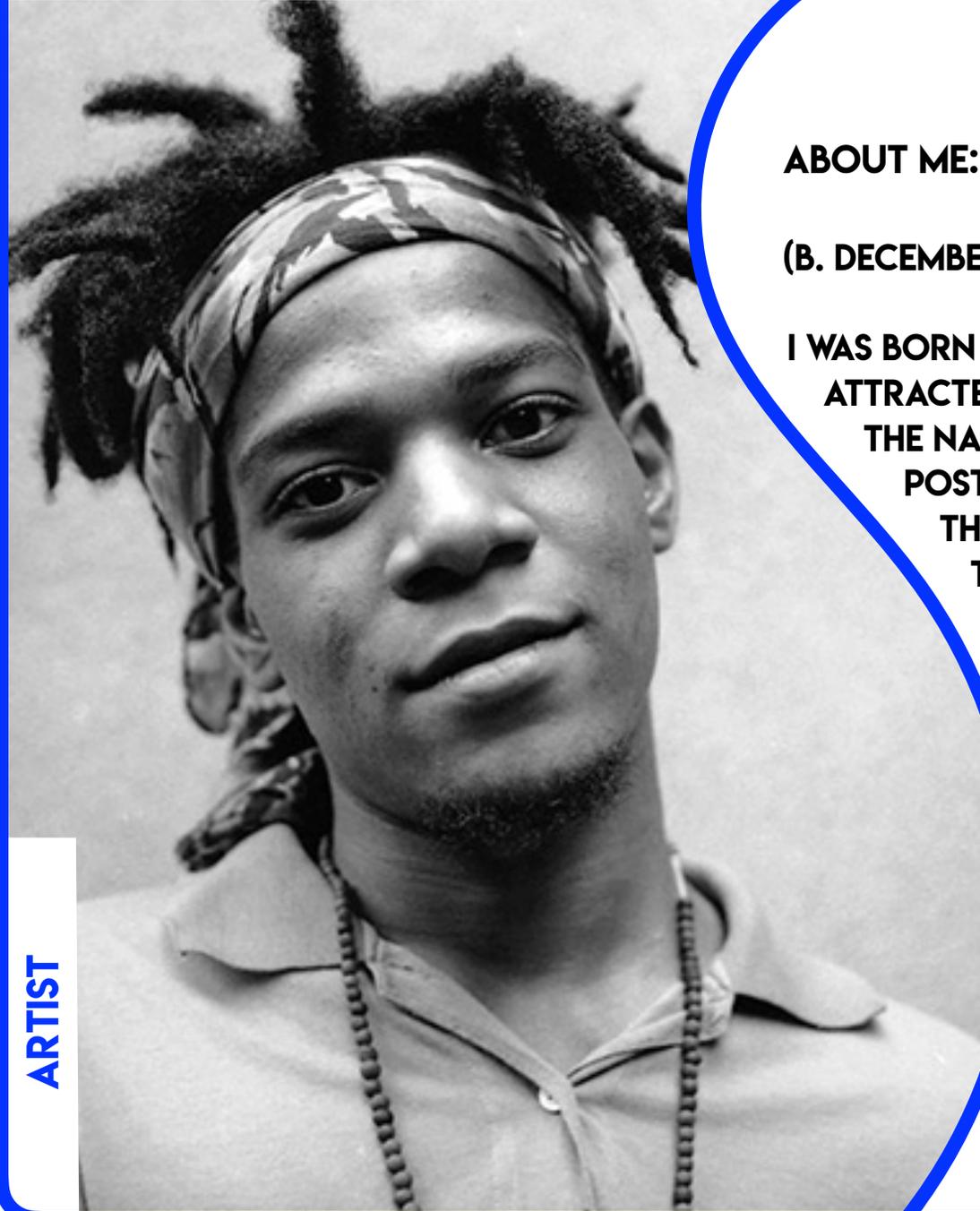
I AM AN AMERICAN AUTHOR, ACTRESS, SCREENWRITER, DANCER, POET AND CIVIL RIGHTS ACTIVIST KNOWN FOR MY 1969 MEMOIR, *I KNOW WHY THE CAGED BIRD SINGS*. IT WAS THE FIRST NONFICTION BEST SELLER BY AN AFRICAN-AMERICAN WOMAN.

"WE MAY ENCOUNTER MANY DEFEATS, BUT WE MUST NOT BE DEFEATED."

**FITNESS CHALLENGE:
25 INVISIBLE ROPE JUMPS**



JEAN- MICHEL BASQUIAT



ARTIST

ARTIST

ABOUT ME:

(B. DECEMBER 22, 1960 - D. AUGUST 12, 1988)

I WAS BORN IN BROOKLYN, NEW YORK. I FIRST ATTRACTED ATTENTION FOR MY GRAFFITI UNDER THE NAME "SAMO." I SOLD SWEATSHIRTS AND POSTCARDS FEATURING MY ARTWORK ON THE STREETS BEFORE MY PAINTING CAREER TOOK OFF. I COLLABORATED WITH ANDY WARHOL IN THE MID-1980S.

"I AM NOT A BLACK ARTIST, I AM AN ARTIST."

**FITNESS CHALLENGE:
15 CRAB KICKS**

KATHRYN BIGELOW



ARTIST

ARTIST

ABOUT ME:

(B. NOVEMBER 27, 1951 - PRESENT)

I WAS BORN IN SAN CARLOS, CA AND STUDIED PAINTING AT THE SAN FRANCISCO ART INSTITUTE. AFTER HIGH SCHOOL, I MOVED TO NEW YORK CITY TO ATTEND THE INDEPENDENT STUDY PROGRAM AT THE WHITNEY MUSEUM OF ART. EVENTUALLY, I CHANGED MY FOCUS TO ANOTHER VISUAL MEDIUM: FILM. IN 2009, I BECAME THE FIRST FEMALE DIRECTOR TO WIN AN ACADEMY AWARD (OSCAR).

"I'M DRAWN TO FILMMAKING THAT CAN TRANSPORT ME. FILM CAN IMMERSE YOU, PUT YOU THERE."

**FITNESS CHALLENGE:
20 SECOND ELBOW PLANK**

RAY CHARLES

ABOUT ME:

(B. SEPTEMBER 23, 1930 - D. JUNE 10, 2004)

I AM A PIONEER OF SOUL MUSIC, INTEGRATING R&B, GOSPEL, POP AND COUNTRY TO CREATE HITS LIKE "UNCHAIN MY HEART," "HIT THE ROAD JACK" AND "GEORGIA ON MY MIND." I GRADUALLY BEGAN TO LOSE MY SIGHT AT AGE 7 AND LEARNED TO READ MUSIC IN BRAILLE. I AM CONSIDERED ONE OF THE GREATEST ARTISTS OF ALL TIME.

"LEARNING TO READ MUSIC IN BRAILLE AND PLAY BY EAR HELPED ME DEVELOP A...GOOD MEMORY."

**FITNESS CHALLENGE:
5 PUSH UPS**

ARTIST

ARTIST



ALAN TURING

MATHEMATICIAN

ABOUT ME:

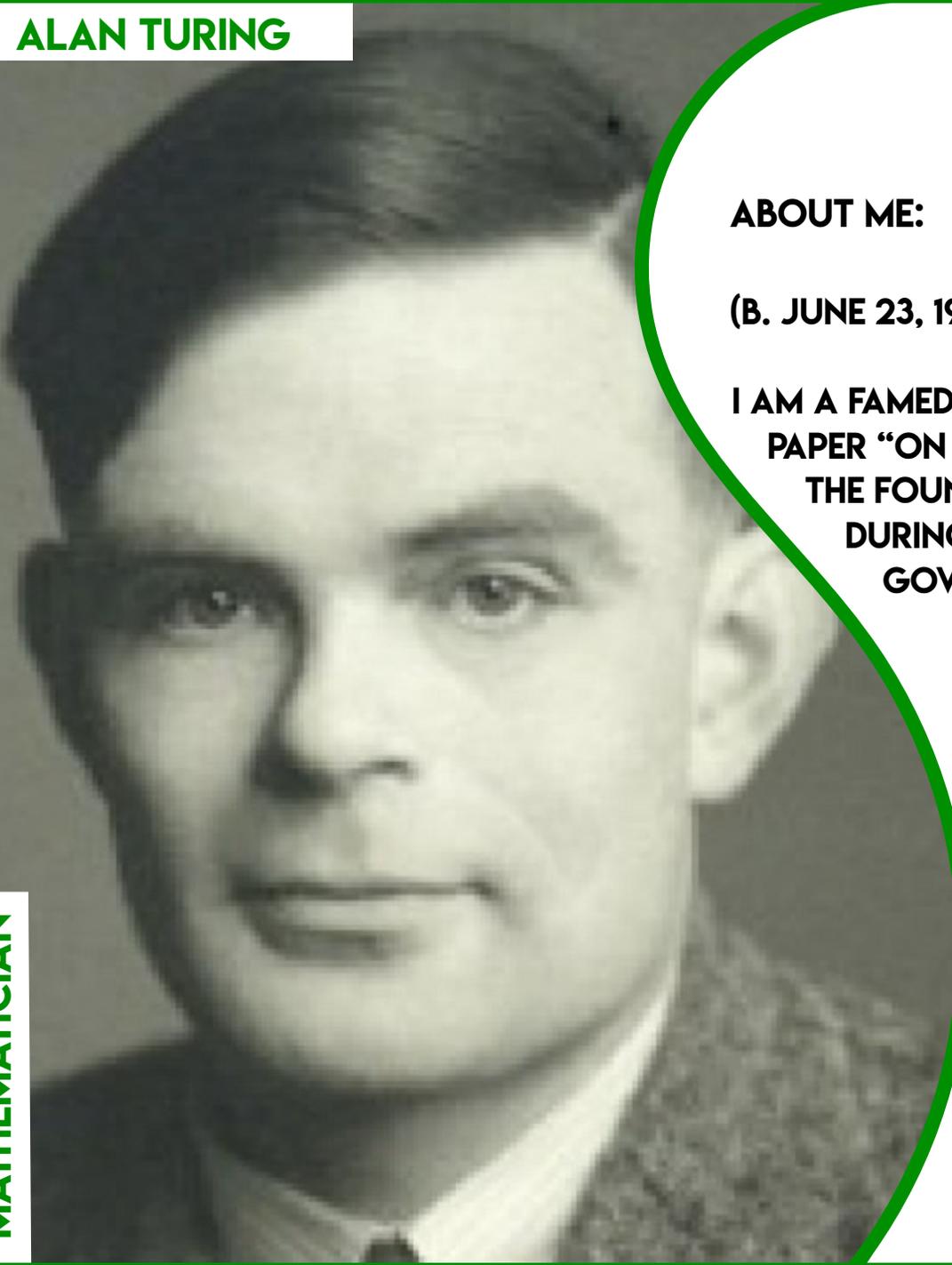
(B. JUNE 23, 1912 - D. JUNE 7, 1954)

I AM A FAMED MATHEMATICIAN AND MY 1936 PAPER "ON COMPUTABLE NUMBERS" INTRODUCED THE FOUNDATION OF ARTIFICIAL INTELLIGENCE. DURING WORLD WAR II, I HELPED THE BRITISH GOVERNMENT CRACK GERMAN CODES.

"A COMPUTER WOULD DESERVE TO BE CALLED INTELLIGENT IF IT COULD DECEIVE A HUMAN INTO BELIEVING THAT IT WAS HUMAN."

**FITNESS CHALLENGE:
15 JUMP SQUATS**

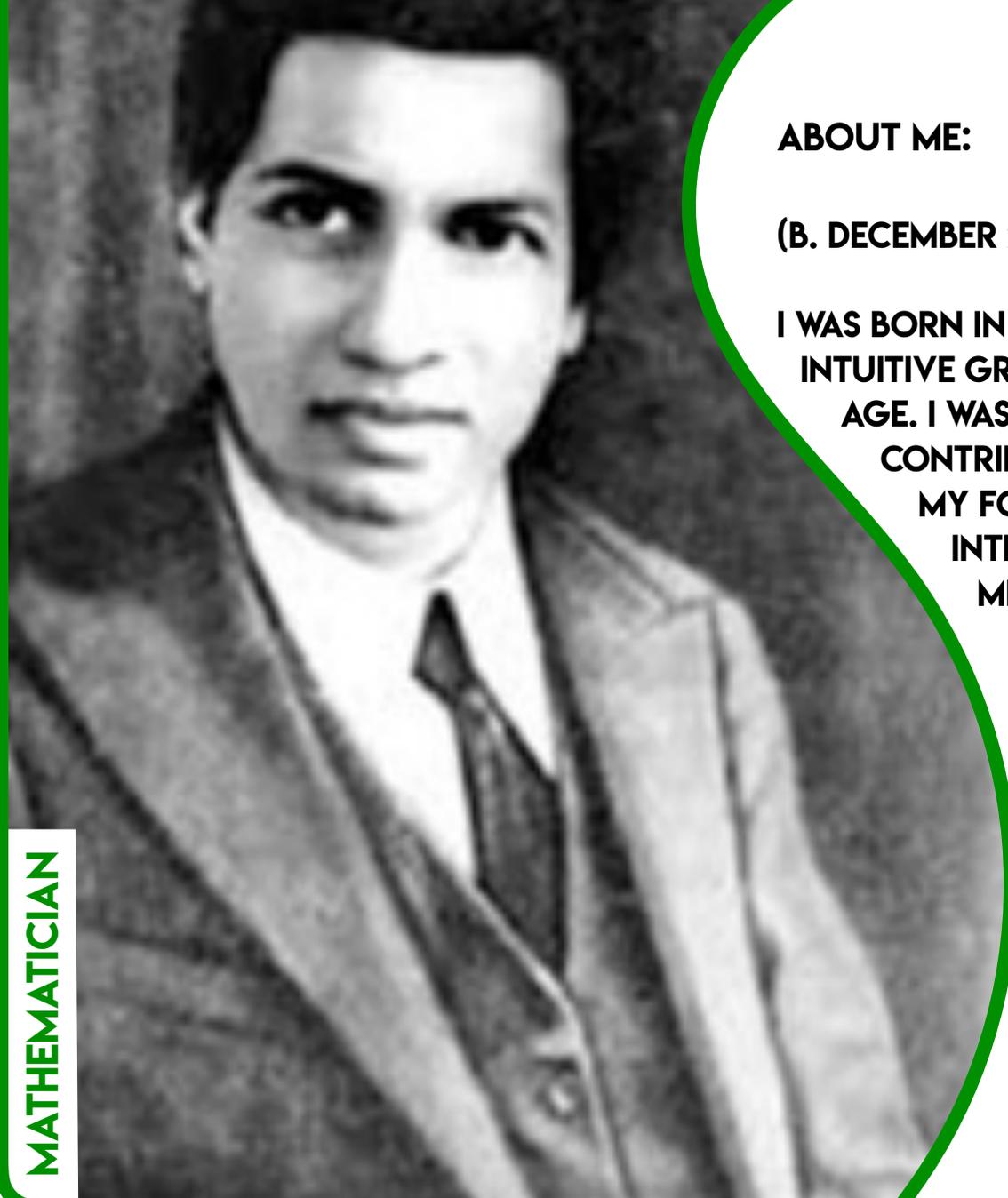
MATHEMATICIAN



SRINIVASA RAMANUJAN

MATHEMATICIAN

MATHEMATICIAN



ABOUT ME:

(B. DECEMBER 22, 1887 - D. APRIL 26, 1920)

I WAS BORN IN SOUTHERN INDIA AND SHOWED AN INTUITIVE GRASP OF MATHEMATICS AT A YOUNG AGE. I WAS BEST KNOWN FOR MY CONTRIBUTIONS TO NUMBER THEORY AND MY FOCUS ON INFINITE SERIES AND INTEGRALS. MANY PEOPLE HAVE CALLED ME "THE MAN WHO KNEW INFINITY."

"AN EQUATION HAS NO MEANING FOR ME UNLESS IT EXPRESSES A THOUGHT OF GOD."

**FITNESS CHALLENGE:
15 PLANK SHOULDER TAPS**

KATHERINE JOHNSON

MATHEMATICIAN

ABOUT ME:

(B. AUGUST 26, 1918 - PRESENT)

I WAS ONE OF NASA'S HUMAN "COMPUTERS" AND PERFORMED THE COMPLEX CALCULATIONS THAT ENABLED HUMANS TO SUCCESSFULLY ACHIEVE SPACE FLIGHT. I WAS SEEN AS INVALUABLE BY MANY BECAUSE OF MY UNWAVERING ACCURACY. IN 2015, I WAS AWARDED THE PRESIDENTIAL MEDAL OF FREEDOM.

"EVERYTHING WAS SO NEW - THE WHOLE IDEA OF GOING INTO SPACE WAS NEW AND DARING."

**FITNESS CHALLENGE:
25 SKI (SIDE TO SIDE) JUMPS**

MATHEMATICIAN



HEDY LEMARR

SCIENTIST

ABOUT ME:

(B. NOVEMBER 9, 1913 - D. JANUARY 19, 2000)

I AM MOST FAMOUS FOR BEING A BOX OFFICE SMASH DURING MGM'S GOLDEN AGE, BUT I WAS ALSO A SCIENTIST. I CO-INVENTED A TECHNIQUE FOR SPREAD SPECTRUM COMMUNICATIONS, WHICH ARE ESSENTIAL TO THE FUNCTION OF SMARTPHONES, WIFI, GPS, AND BLUETOOTH DEVICES.

"ALL CREATIVE PEOPLE WANT TO DO THE UNEXPECTED."

**FITNESS CHALLENGE:
25 CALF RAISES**

SCIENTIST



SALLY RIDE**ABOUT ME:****(B. MAY 26, 1951 - D. JULY 23, 2012)**

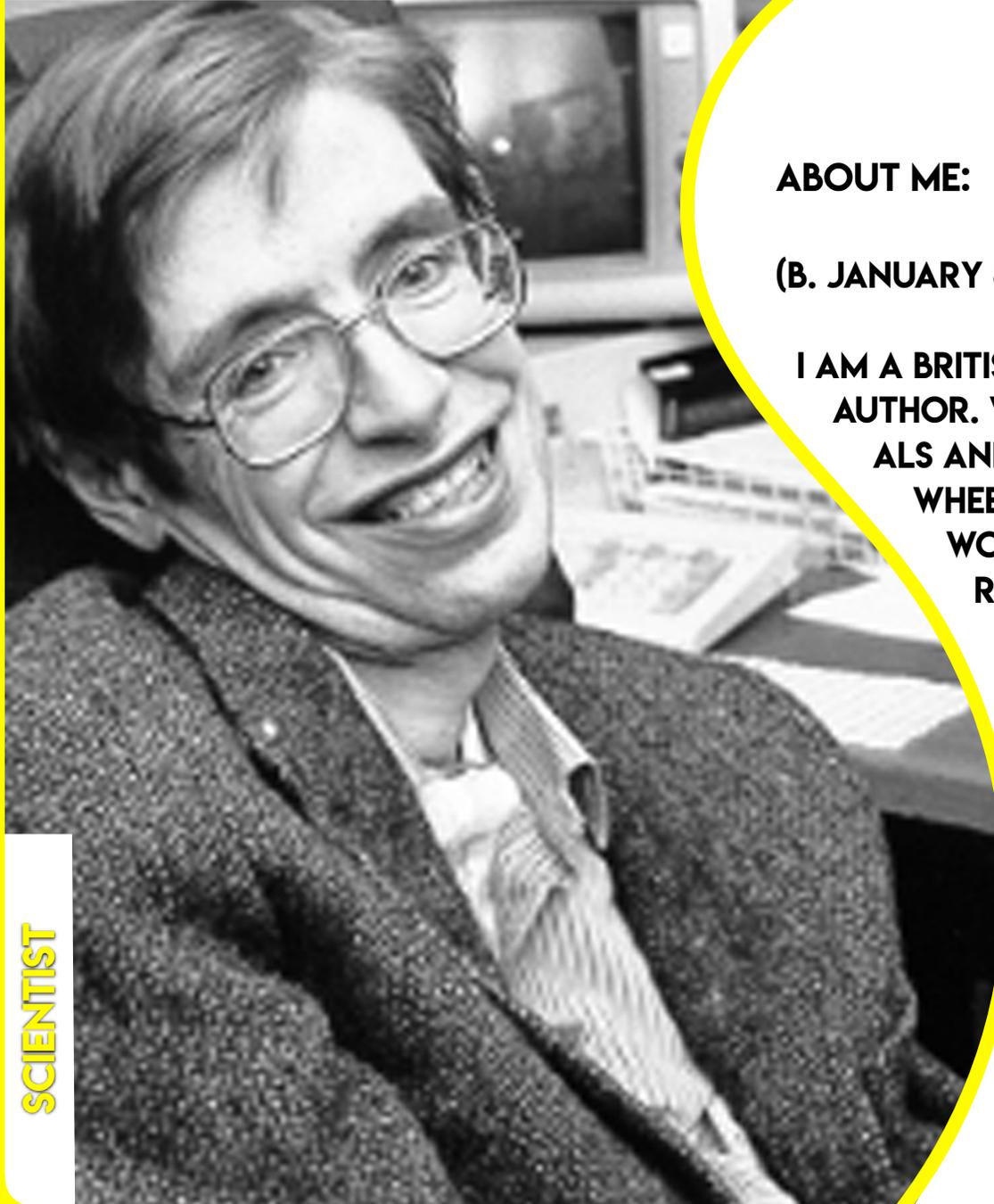
I STUDIED AT STANFORD AND AFTER RIGOROUS TRAINING, I JOINED NASA'S ASTRONAUT PROGRAM. IN 1983, I BECAME THE FIRST AMERICAN WOMAN IN SPACE RIDING THE SPACE SHUTTLE CHALLENGER.

"I WOULD LIKE TO BE REMEMBERED AS SOMEONE WHO WAS NOT AFRAID TO DO WHAT SHE WANTED TO DO, AND AS SOMEONE WHO TOOK RISKS ALONG THE WAY..."

**FITNESS CHALLENGE:
15 HIGH KNEES**



STEPHEN HAWKING



SCIENTIST

SCIENTIST

ABOUT ME:

(B. JANUARY 8, 1942 - D. MARCH 14, 2018)

I AM A BRITISH SCIENTIST, PROFESSOR AND AUTHOR. WHEN I WAS 21, I WAS DIAGNOSED WITH ALS AND SPENT MUCH OF MY LIFE IN A WHEELCHAIR. I GAINED NOTORIETY FOR MY WORK WITH BLACK HOLES AND RELATIVITY.

"INTELLIGENCE IS THE ABILITY TO ADAPT TO CHANGE."

**FITNESS CHALLENGE:
20 SECOND DOWNWARD DOG**

JACKIE ROBINSON

ABOUT ME:

(B. JANUARY 31, 1919 - D. OCTOBER 24, 1972)

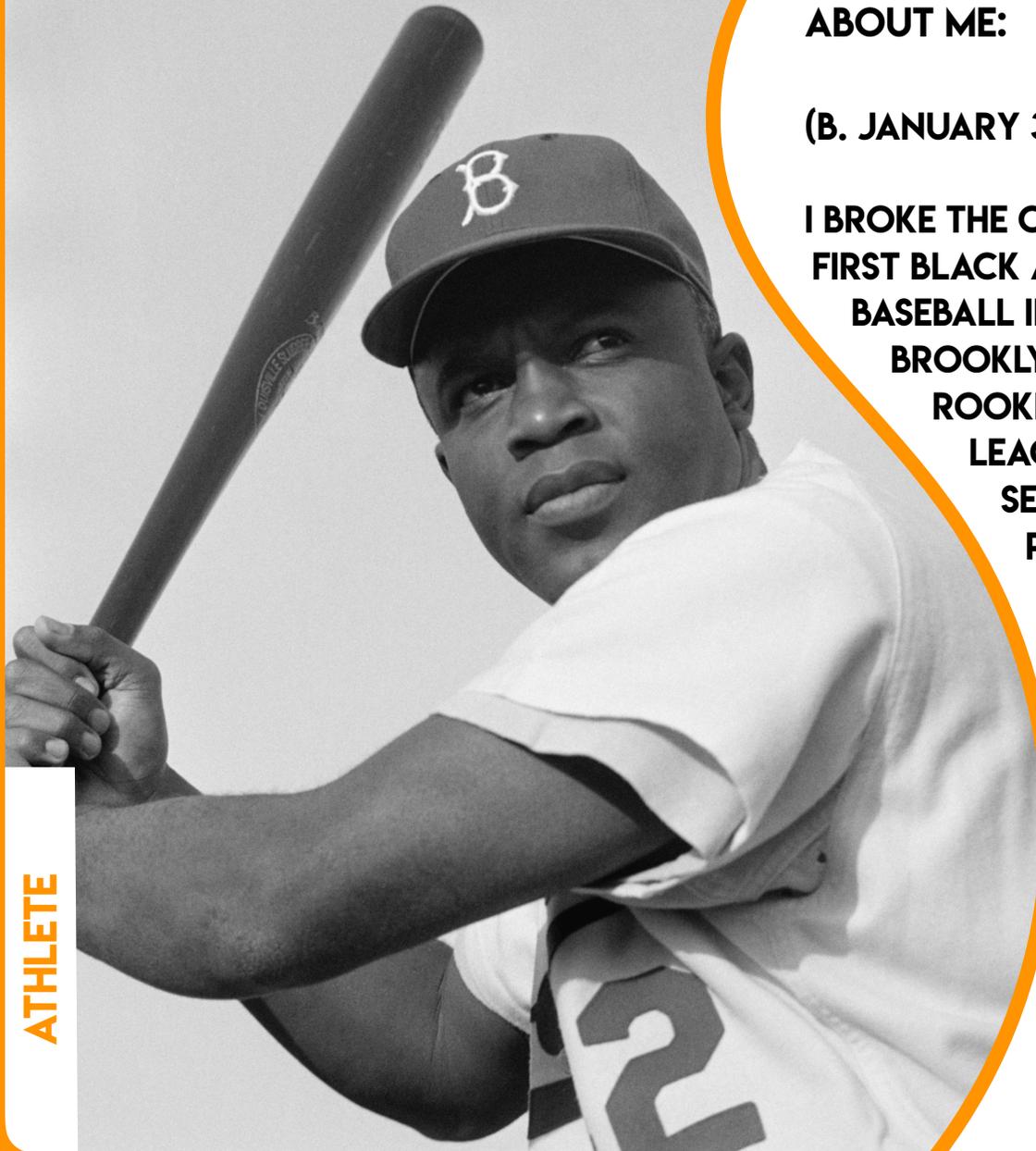
I BROKE THE COLOR BARRIER WHEN I BECAME THE FIRST BLACK ATHLETE TO PLAY MAJOR LEAGUE BASEBALL IN THE 20TH CENTURY. I JOINED THE BROOKLYN DODGERS IN 1947 AND WAS NAMED ROOKIE OF THE YEAR THAT YEAR, NATIONAL LEAGUE MVP IN 1949 AND A WORLD SERIES CHAMP IN 1955. EVERY YEAR, MLB PLAYERS WEAR MY NUMBER 42 TO HONOR MY LEGACY.

"A LIFE IS NOT IMPORTANT EXCEPT IN THE IMPACT IT HAS ON OTHER LIVES."

**FITNESS CHALLENGE:
10 INVISIBLE BASEBALL THROWS**

ATHLETE

ATHLETE



BILLIE JEAN KING

ABOUT ME:

(B. NOVEMBER 22, 1943 - PRESENT)

I WAS THE TOP-RANKED WOMEN'S TENNIS PLAYER IN 1967. IN 1973, I FOUGHT INEQUALITY BY FORMING THE WOMEN'S TENNIS ASSOCIATION AND FAMOUSLY DEFEATING BOBBY RIGGS IN THE "BATTLE OF THE SEXES." I CONTINUE TO WORK AS AN INFLUENTIAL SOCIAL ACTIVIST EVEN AFTER RETIRING FROM TENNIS.

"CHAMPIONS KEEP PLAYING UNTIL THEY GET IT RIGHT."

**FITNESS CHALLENGE:
25 ARM CIRCLES**

ATHLETE

ATHLETE



ARTHUR ASHE



ATHLETE

ABOUT ME:

(B. JULY 10, 1943 - D. FEBRUARY 6, 1993)

I BECAME THE FIRST, AFRICAN-AMERICAN MALE TENNIS PLAYER TO WIN THE U.S. OPEN AND WIMBLEDON. I WAS ALSO THE FIRST AFRICAN-AMERICAN MAN TO BE RANKED AS THE NO. 1 TENNIS PLAYER IN THE WORLD. WHEN I LEARNED THAT I HAD CONTRACTED AIDS FROM A BLOOD TRANSFUSION, I BEGAN TO RAISE AWARENESS ABOUT THE DISEASE.

“SUCCESS IS A JOURNEY, NOT A DESTINATION. THE DOING IS OFTEN MORE IMPORTANT THAN THE OUTCOME.”

**FITNESS CHALLENGE:
5 BURPIES**

ATHLETE

ROSA PARKS

SOCIAL ACTIVIST

ABOUT ME:

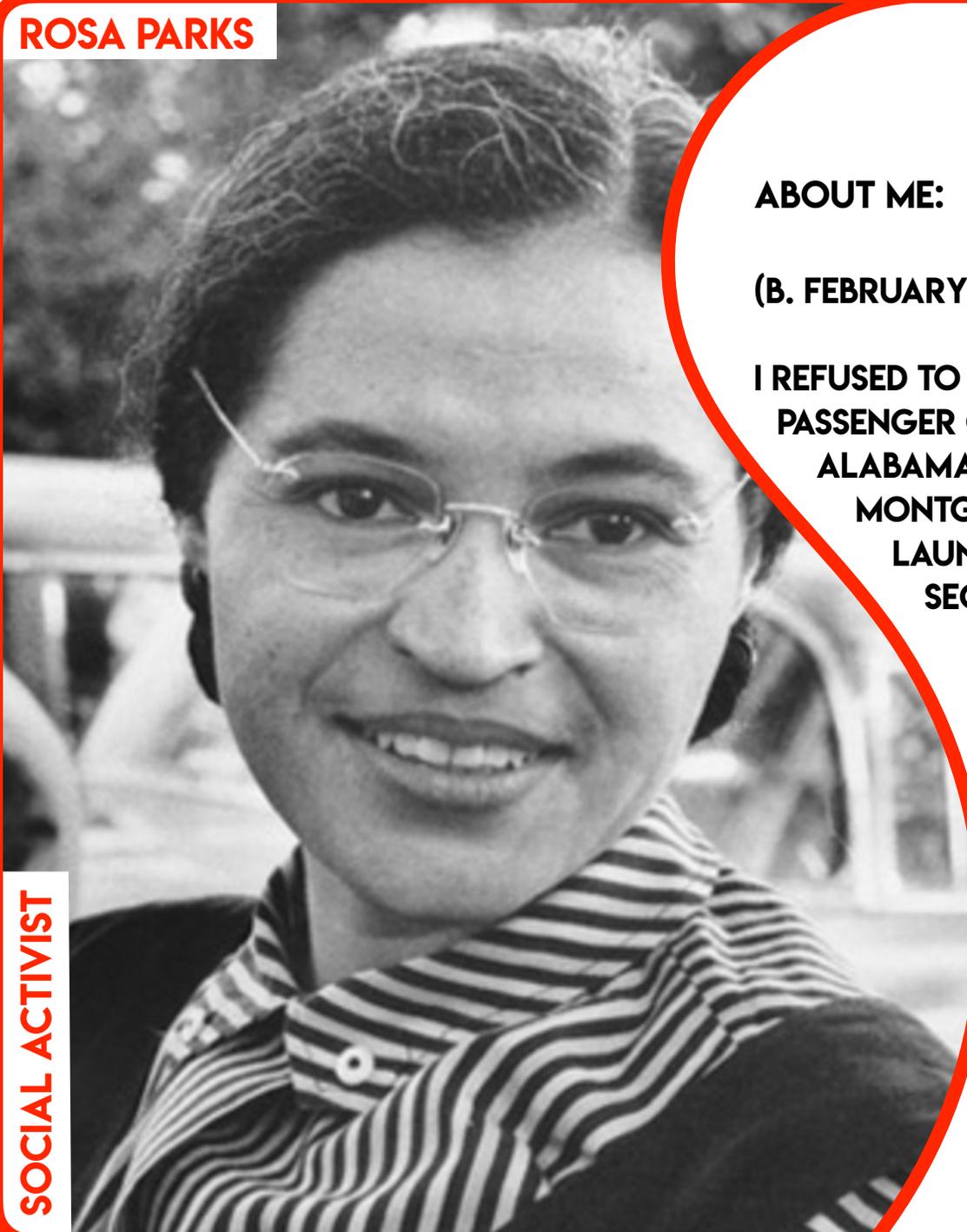
(B. FEBRUARY 4, 1913 - D. OCTOBER 24, 2005)

I REFUSED TO SURRENDER MY SEAT TO A WHITE PASSENGER ON A SEGREGATED MONTGOMERY, ALABAMA BUS. THIS LED TO THE 381 DAY MONTGOMERY BUS BOYCOTT THAT HELPED LAUNCH NATIONWIDE EFFORTS TO END SEGREGATION OF PUBLIC FACILITIES.

"I HAVE LEARNED OVER THE YEARS THAT WHEN ONE'S MIND IS MADE UP, THIS DIMINISHES FEAR; KNOWING WHAT MUST BE DONE DOES AWAY WITH FEAR."

**FITNESS CHALLENGE:
15 CRUNCHES**

SOCIAL ACTIVIST



SOJOURNER TRUTH

SOCIAL ACTIVIST

ABOUT ME:

(B. CIRCA 1797 D. NOVEMBER 26, 1883)

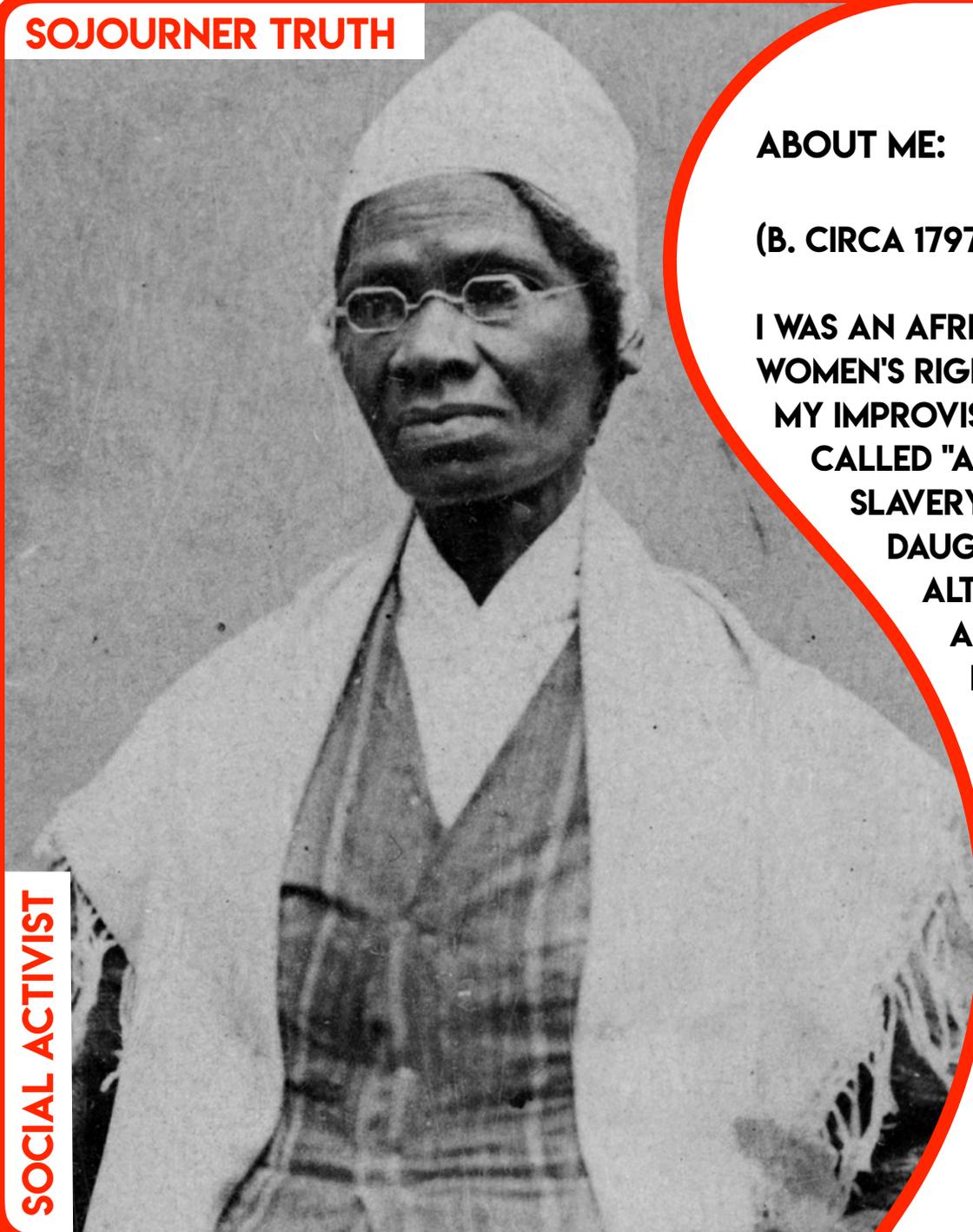
I WAS AN AFRICAN-AMERICAN ABOLITIONIST AND WOMEN'S RIGHTS ACTIVIST. I GAINED FAME FOR MY IMPROVISED SPEECH ON RACIAL INEQUALITIES CALLED "AIN'T I A WOMAN?" I WAS BORN INTO SLAVERY BUT ESCAPED WITH MY INFANT DAUGHTER TO FREEDOM IN 1826.

ALTHOUGH I BEGAN AS AN ABOLITIONIST, I ALSO FOUGHT FOR PRISON REFORM, PROPERTY RIGHTS AND UNIVERSAL SUFFRAGE.

"I DID NOT RUN AWAY, I WALKED AWAY BY DAYLIGHT."

**FITNESS CHALLENGE:
10 WINDMILL TOE TOUCHES**

SOCIAL ACTIVIST



CESAR CHAVEZ

SOCIAL ACTIVIST

ABOUT ME:

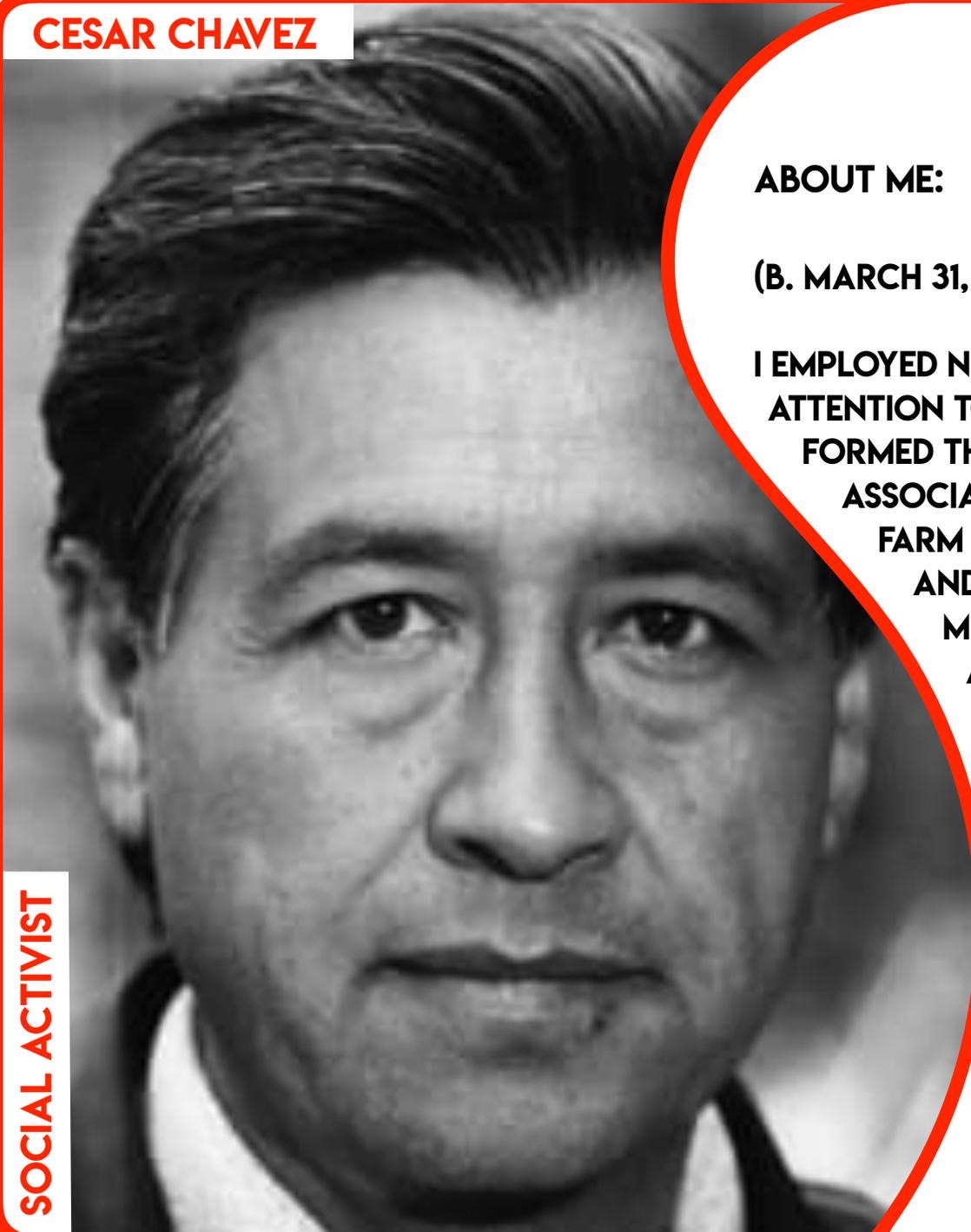
(B. MARCH 31, 1927 - D. APRIL 23, 1993)

I EMPLOYED NONVIOLENT MEANS TO BRING ATTENTION TO THE PLIGHT OF FARM WORKERS AND FORMED THE NATIONAL FARM WORKERS ASSOCIATION, WHICH LATER BECAME UNITED FARM WORKERS. I WAS A UNION LEADER AND LABOR ORGANIZER AND DEDICATED MY LIFE TO IMPROVING TREATMENT, PAY AND WORKING CONDITIONS FOR FARM WORKERS.

"PRESERVATION OF ONE'S OWN CULTURE DOES NOT REQUIRE CONTEMPT OR DISRESPECT FOR OTHER CULTURES."

**FITNESS CHALLENGE:
25 JUMPING JACKS**

SOCIAL ACTIVIST



REAL HERO FITNESS CHALLENGE

LEARN ABOUT AS MANY HEROES YOU CAN BEFORE TIME RUNS OUT.
BE SURE TO WRITE ONE FACT ABOUT THEM NEXT TO THEIR NAME

CESAR CHAVEZ:

ROSA PARKS:

SOJOURNER TRUTH:

ARTHUR ASHE:

BILLIE JEAN KING:

JACKIE ROBINSON:

STEPHEN HAWKING:

SALLY RIDE:

HEDY LEMARR:

ALAN TURING:

KATHERINE JOHNSON:

SRINIVASA RAMANUJAN:

RAY CHARLES:

KATHRYN BIGELOW:

JEAN-MICHEL BASQUIAT:

MAYA ANGELOU:

AMY TAN:

OSCAR WILDE: