

## Did you know?

- On his first appearance in a comic, the Incredible Hulk was grey. However there were problems with the consistency of the print colours, so he became green! Remember, just don't make him angry; you wouldn't like him when he's angry!
- The head of Marvel Comics was initially worried that readers who were frightened of spiders would also be scared of Spider-Man.
- Blueberries are one of the most antioxidant-rich foods in the world – perhaps the ultimate super food! Some nutritionists believe that if you make only one change to your diet, it should be to add blueberries. Studies show that eating them can improve memory, keep skin supple and protect the heart.
- *Toy Story* was the first animated feature ever generated completely on computers.
- Sakinat Khanapiyeva is one of the strongest grandmas in the world. The 80-year-old from Dagestan, Russia, can lift a 24 kg dumbbell, break horseshoes and twist 5 cm thick steel rods. Supergran!
- Known as the 'Human Spider', Alain Robert has climbed most of the tallest skyscrapers in the world using only his hands and climbing shoes. He has scaled landmark buildings like the Eiffel Tower and the Sydney Opera House.
- United States park ranger, Roy Cleveland Sullivan, was struck by lightning on seven separate occasions and survived them all. That's why he earned the nickname, 'Human Lightning Conductor'!
- The world record for the most people dressed as superheroes was achieved by 1580 participants in an event organised by Paramount Studios in Los Angeles, California on 2nd October, 2010.
- 'The Rubberboy', Daniel Browning Smith, is the most flexible man alive and the most famous contortionist. He can dislocate his arms to crawl through an unstrung tennis racket. He also performs contortion handstands and unique acrobatics.
- 'Magnetic Man', Liew Thow Lin, is a 70-year-old retired Malaysian man. He discovered he had the amazing ability to make objects, such as an iron, stick 'magnetically' to his skin, and now he's added car-pulling to his tricks! This 'gift' is also present in three of his sons and two of his grandchildren.

