

The Life of a Pro Gamer

The latest sport isn't played on a field or in a park. Instead, its matches are played between players seated at high-end computers. Professional video game playing, or "pro gaming," is the hottest new spectator sport. Its best players are big stars that can earn huge prizes and salaries for playing their favorite games. Sound like a dream? The reality isn't quite so pleasant.

For professional gamers, playing is a full-time job. Some players practice 50 hours a week with their team, and that's on top of how much they play alone. Korean teams in particular are known for intense schedules. They practice up to 15 hours per day during the gaming season. That only leaves time for meals, short breaks, and a little sleep.

Although some games have practice modes that players can use to drill specific skills, professional players are so good at every aspect of the game that they mostly play exhibition matches against other players. These practice games are often against the very players they will compete against in tournaments. Just as often, pro gamers play online with ordinary people. If you start getting really good at a game, you may find yourself matched with some of your favorite gaming stars!

Even though pro gamers spend most of their time sitting down, they still need training to prevent physical injuries. They have to stretch between matches to prevent injury to their wrists, arms, or shoulders. They also need to take frequent breaks from looking at screens to prevent eyestrain.

(Source: *LiveABC*)

Marshmello: Joy to the World One Beat at a Time

He made over \$40 million last year but still refuses to tell anyone his name. He's one of the most popular music producers in the world, but few have ever seen his face. The mystery surrounding Marshmello's identity was, initially, one of the reasons for his popularity. Even famous DJ Skrillex was obsessed with finding out who Marshmello was.

Marshmello's look is defined by his marshmallow-shaped helmet that has its own air-conditioning and lighting system. A bright, all-white suit completes his marshmallow-themed look. As for the name, it comes from a comment a friend made, which described his music as "mellow" and easy to listen to.

The multitalented Marshmello is not just a DJ but also a producer and a songwriter. He stays independent from record labels so that he's free to make and release music the way he wants to. That hasn't hurt his bottom line, though. He has worked together with some of the biggest names in pop music, like Bastille on the track "Happier," and Selena Gomez on "Wolves." His live shows can earn him over \$100,000 per performance.

Nobody has been able to confirm Marshmello's real name, and the man in white has been cagey in interviews—often only indicating yes or no or typing an answer on his laptop. Marshmello first appeared in 2015 and was known for his remixes of popular songs, such as Anne-Marie's "Friends." Later, his first album *Joytime* reached number five on the *Billboard* US Top Dance/Electronic Albums chart.

(Source: *LiveABC*)

Is Breakfast Really the Most Important Meal?

Most of us have been told that breakfast is the most important meal of the day. But recently, some experts have been making a case for skipping breakfast. As a result, many people are now confused about the benefits of eating in the morning. So, which is true—should we or shouldn't we make the morning meal a priority?

According to one argument, eating breakfast improves our cognitive performance and helps us do better at work and on tests. Several studies support this idea and show that people who didn't eat breakfast were exhausted by noon and performed worse on cognitive tests than those who did eat breakfast.

You might assume that skipping meals leads to weight loss since less food is consumed. However, that's not the case with breakfast. When we eat breakfast, we feel less hungry later in the day, and that is why we end up eating less. Furthermore, scientists have found that people who have oatmeal and milk in the morning digest and burn carbohydrates more efficiently than those who don't eat breakfast. In fact, eating breakfast more than four times per week may even help prevent weight gain.

Another health idea that has gained popularity in recent years is an eating pattern known as intermittent fasting. The most popular method of this diet is to eat nothing for 16 hours a day so as to allow the body to burn fat instead of sugar for fuel. For example, if someone who practices intermittent fasting has a late dinner, the next day they might have a late breakfast or skip breakfast altogether. Like breakfast, intermittent fasting has been credited with a number of benefits, including weight loss, disease resistance, and improved memory.

(Source: *LiveABC*)