

Wellnessforge – Joke Book

A Spark & Anvil joke book. Groan-worthy puns, tricky riddles, silly nonsense, and real fun facts from the world of Wellnessforge – read them out loud and make someone laugh.

I tried to eat a balanced diet, but then I realized my plate was literally tilting to the pizza side.

How to use this book

Read a joke, pause at the question, and try to guess the answer before you read on. Best of all: read them out loud to a friend, a grown-up, or your class. A good laugh makes the tricky stuff easier – that's real science.

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Puns

I tried to eat a balanced diet, but then I realized my plate was literally tilting to the pizza side.

The bandage said to the wound, "I've got you covered."

My brain and my pillow have a nightly meeting. They call it "sleep" -- and it's the most productive meeting I attend.

Water is the most underrated drink -- it's literally life-changing, and it's free from the tap.

My muscles are sore from yesterday's workout. They're sending me angry messages. Through my nerves.

The food pyramid collapsed because its foundation of grains couldn't handle all the fats piled on top.

First aid class was intense -- everyone was under a lot of pressure. Mostly the tourniquets.

Handwashing is the original antivirus software -- 20 seconds of scrubbing and most bugs are eliminated.

My alarm clock and I have a love-hate relationship. I love sleep; it hates that.

The vegetable platter walked into the party and said, "Don't worry, I brought the crunch."

Growing up is a stretch -- literally, your bones are getting longer and everything aches.

The ice pack and the heating pad got into an argument about who helped injuries more. It was a heated debate. And a cool one.

My dentist told me to floss daily. I said, "That's pulling teeth." He didn't laugh.

Vitamins are like tiny cheerleaders for your body -- small, but they make a huge difference.

Peer pressure tried to push me around, but I pushed back with good decision-making.

The heart rate monitor said, "I'm just here to keep things beating."

Sunscreen is the ultimate wingman -- it's always got your back. And your arms. And your face.

Stress management isn't about eliminating stress -- it's about turning the volume down from 11 to maybe a 4.

The stomach and the brain argued about who was in charge. The brain said, "I think, therefore I am." The stomach growled, "I hunger, therefore YOU eat."

Stretching before exercise is like a preview of coming attractions -- it shows your muscles what's about to happen.

Keep laughing

That's **20 jokes** from Wellnessforge. Made someone laugh? Try making up your own – the best jokes are the ones you tell.

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