We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @ThinkActiveCSW
**FUN FACT** – With the rim of a basketball hoop standing at 10 feet off the ground, it’s definitely a benefit to be tall in this game! The tallest player in NBA history was Manute Bol at 7 feet & 7 inches tall, the shortest was Muggsy Bogues at 5 feet & 3 inches.

How tall are you in Feet and Inches?

If you have enjoyed this challenge and would like you get involved in at a local basketball club take a look at [https://www.basketballengland.co.uk/court-finder/](https://www.basketballengland.co.uk/court-finder/)

FOLLOW, RETWEET, GET INVOLVED!