

The Fastest Way to Do a Backflip

by **MELISSA MCNAMARA** Last Updated: Oct 05, 2015



Most gymnastics coaches will tell you the fastest way to do a backflip is to practice every day. Although you should never practice the actual flip on your own, you can condition your body so it's prepared for a backflip. There are several skills you must master in gymnastics before you're ready to perform a backflip. If you're not already in gymnastics, contact your local gymnastics facility for information about classes.

Step 1

Strengthen your legs and core. Perform squats and lunges, and use dumbbells or a barbell to increase the intensity of these exercises. Perform crunches, planks and other exercises that strengthen the abdominal region. Practice jumping by jumping in place, bringing your knees as high as possible to your chest.

Step 2

Stretch your back, abdominals, hips and leg muscles. Stretching your muscles increases your flexibility and helps reduce your risk of injury while learning to do a backflip. Before learning a new skill in gymnastics, you must be strong and flexible enough to perform the skill.

Step 3

Master a backbend, a back walkover and a back handspring before attempting a backflip. You should be able to move into a backbend by standing on your feet with your hands in the air and bending backwards to lower your hands to the ground. After mastering this skill, you should be able to bring your leg off the ground and walk over to a standing position. The back handspring involves swinging your body into a backflip but supporting your body's weight with your arms and landing on your feet.

Step 4

Practice backflips on a trampoline. A backflip can be a mental challenge because you must overcome the natural fear of falling backwards on your head. The trampoline will help you exceed the necessary height in your jump to complete a backflip. This will help you overcome the mental challenge and makes it easier to overcome fear on the floor.

Step 5

Stand with your knees straight and your feet flat on the floor. Start with your arms extended above your head, and swing your arms downward past your hips while simultaneously bending your knees. As you swing your arms back up, stop your swing slightly past your ears. Bring your hips above your head, and tuck your knees as you rotate into a flip and land with your knees slightly bent.

Warnings

- Performing a backflip incorrectly puts you at risk for head, neck and spinal cord injuries, which are potentially fatal.
- Others potential injuries while learning a backflip include, but are not limited to: ankle sprains or fractures, wrist sprains or fractures, a dislocated shoulder and several types of knee injuries.
- Never learn backflips without a certified gymnastics instructor as a spotter.

Tips

- Have a focal point in front of you. As your hips move above your head, you will lose sight of the focal point; however, it will reappear as you rotate your body. You are ready to land when you see the focal point.
- Don't close your eyes while doing a back flip.
- Keep your head in a neutral position.

Things You'll Need

- Trampoline
- Barbell (optional)
- Dumbbells (optional)

How to Play Overwatch: The Ultimate Beginner's Guide

<https://www.youtube.com/watch?v=EluEP9ju0xs>

Transcript

English (Automatic Captions)

0:00

what's up guys it's me Jeremy welcome to overwatch the new hero based first

0:05

person shooter created by blizzard entertainment

0:07

overwatch is set in a futuristic earth where robots called the omni-flex took

0:11

over the world but soon after a task force called the overwatch fought back

0:15

and ended the war in favor of mankind the overwatch has since disbanded and

0:20

for the last five years the world has started to become darker with new

0:23

threats emerging the heroes have to band together again like they did once before

0:27

in order to defeat them in Game you and your team take on the role of the old

0:31

heroes

0:32

the new villains or both at the same time as you battle it out on six versus

0:36

six maps to fight for objectives to decide the winner

0:39

this is a beginner's guide but will cover a lot of information so we'll have

0:43

time stamps in the description if you want to skip to a certain point or

0:47

rewatch any section to make sure you get the information

0:49

let's get started at the time of making this video there are currently eighteen

0:54

characters in the game but blizzard plans to add more every hero has a basic

0:58

attack

0:59

- basic abilities and an ultimate ability some characters may have

1:02

secondary attack or passive as well

1:05

basic attacks are activated through your left click with your right click

1:08

activating your secondary attack if you have one and have varying attack and

1:12

reload speeds depending on your hero your basic abilities can be activated

1:16

through shift + e respectively and tend to have short cooldowns the ultimate

1:21

ability is activated through q and becomes available after charging it up

1:24

through dealing damage killing opponents and supporting allies ultimate abilities

1:29
are quite powerful so they tend to take a bit of time to charge up but the
1:32
charge does persist through death among the characters each hero falls into one
1:37
of the four roles in the game
1:39
there are tank heroes who are very durable but tend to have short range
1:43
there's often heroes who have high damage and mobility but are easily
1:47
punished
1:48
there's also defense heroes who are great at holding a location and stopping
1:51
enemies with high range and great damage but lack the mobility of an offense hero
1:56
and lastly we have support heroes who will buff or heal your allies and can
2:00
bring some unique advantages that shouldn't be underestimated
2:03
that's it for the heroes
2:06
up next are the maps
2:08
the time of making this video / watch has seven maps that you can play on that
2:11
fall into three types
2:13
there's payload maps . capture maps and hybrid maps that are a combination of
2:18
the first to every map places one team on permanent offense and one team on
2:24
permanent defense
2:25
so you always know the role your team will have going into the game in order
2:29
to make your game plan
2:30
additionally the team on defense will have extra time at the beginning of the
2:34
match to set up their defenses on a payload map the attacking team's goal is
2:38
to escort a payload to a delivery . while the defending team tries to hold
2:41
their progress until time runs out on a . capture map the attackers try to
2:46
capture a series of objectives while the defending team must maintain control and
2:50
defend them
2:51
the hybrid map starts out as a capture . but after the first point is captured it
2:54
becomes a payload for the offense team to escort
2:57
no matter what type of map you're on the average game time should be around 10 to

3:01

15 minutes or so and also each map does have health packs scattered throughout

3:05

to give your hero and X boost

3:09

now that we've covered the maps let's take a look at the UI at the bottom left

3:13

you have your character portrait and health the health bar and numbers

3:16

indicate your current and max health

3:18

underneath is your fire bar which measures how well you're performing and

3:22

displays to your enemies that you're a large threat in the bottom of the middle

3:26

we see a meter for the charge on your ultimate ability

3:29

it will glow with flames once your ultimate is ready to be activated once

3:32

again your ultimate charges up as you use your attacks and abilities

3:36

throughout the game at the bottom right you can see your two basic abilities and

3:39

how much ammo you have left in overwatch a memo is unlimited

3:44

so the first number shows how much ammo you have in your current clip while the

3:47

second number shows how much ammo a full clip holds you can press are at any time

3:52

to reload your weapon in the middle of the screen you have your crosshairs for

3:55

aiming and you'll see hitmarkers there

3:57

if you happen to damage any opponents finally up top you have the status of

4:01

the objective on the map and can see what's happening with it since that

4:05

objective decides who wins the game

4:07

be sure to pay attention to it when you press tab you can see the scoreboard

4:12

this will show the characters both teams are playing at the top as well as

4:15

indicated someone is doing well in the form of fire around their portrait at

4:20

the bottom you can see some of your own personal

4:22

that's to determine how well you're doing in the game over watches the first

4:26

person shooter has several unique gameplay elements that you might not be

4:29

familiar with the respawn times are quite fast but the time it takes to run

4:34

back into the action is what delays you and makes your death meaningful

4:37

depending at what point you're at in the game

4:40

the time it takes to run back to the objective can give an advantage to

4:43

either the attacking team or the defending team and does a great job of

4:47

encouraging comebacks after dying you can switch characters by pressing h and

4:52

doing so is a big part of the strategy throughout a game pic here is based off

4:55

of your team's position and composition and to counter the enemy teams

4:59

composition

5:00

i recommend learning several heroes so that you can comfortably switch between

5:04

them based off of your teams needs

5:06

however remember that when you do switch characters you do lose the charge on

5:10

your ultimate and any structure or buffs that you place on the map get removed so

5:14

be careful

5:15

above all else remember that overwatch is an objective focused game kills won't

5:21

mean anything if they don't help you take or defend your objective so make

5:24

your place count and do your best to play as a team with your allies sure

5:28

kills might help you take the objective but only if you or your team are

5:31

positioned to take advantage of them since your enemies respond we'll be

5:34

right back to attack or defend as well you should try to get a feel for the

5:38

maps in private games and take some time to fill around at least a little bit

5:42

with every hero

5:43

so that you can learn what they do no matter how you end up playing it over

5:46

watch is an awesome new take on the FPS genre

5:49

so good luck and have fun

How to Rewire Your Brain to Be More Kind Toward Others

Posted on [September 17, 2012](#) by [Steven Handel](#)



Kindness is the state of caring about other people's well-being and taking action to help make other people's lives better and happier.

It is a social glue that allows us to connect with others and build meaningful relationships with them

When someone does something kind for us, we like them more and we want to cooperate with them more.

When we do something kind for someone, we earn their trust and respect, and we feel better about ourselves for being a good person.

Kindness is a reciprocal relationship. It becomes a cycle that strengthens our bond with friends, family, lovers, coworkers, and acquaintances.

The more we practice kindness, the easier it is.

Every thought and action we do fires neurons in our brain. The more these neural pathways are fired, the easier it becomes to activate them. So the more we repeat acts of kindness, the easier it is to do them in the future.

Here are scientifically supported ways we can increase our kindness toward others.

Get your intentions right

Having good intentions is the first step toward being kinder toward others and building positive relationships with them.

Research on good intentions has shown that when people know we are acting with their best interests at heart, this improves their experiences with us and makes them more pleasurable.

Cultivating the right attitude about others is often necessary before we start acting in kinder ways.

If we approach the world with a cynical mindset, people are going to notice that and not want to be around us.

But if we approach the world with a positive and optimistic mindset, people are going to be attracted to that and want to spend more time with us.

In a small but significant way, people with good intentions make the world a better place.

See from the other person's perspective

The practice of perspective-taking is a scientifically supported technique that we can use to increase empathy and kindness toward others.

The aim of this technique is to imagine ourselves experiencing a situation from another person's perspective. How would you feel if you were them? What thoughts would you have? How would you act if you were in their shoes?

By answering these questions, we can gain a deeper understanding of why people act the way they do. Perspective-taking helps us step out of our narrow mind and see the world through the lens of another conscious being.

And by understanding people better we learn to interact with them better, be nicer to them, and even forgive them when they do things we normally wouldn't understand.

Practice kindness in small doses

Kindness starts as a thought but ends as an action.

Acting kindly toward others is the only real way to let people know we care about them and their happiness. Without action, kindness just lives in our minds but never touches the real world.

Being kind to others doesn't have to be complex or fancy. Sometimes the simplest acts of kindness are seen as the most sincere, such as holding the door, helping with directions, saying "please" and "thank you," or even just a smile.

Start there and then build to acts of kindness that take a little more effort. Here is a list of 30 acts of kindness you can try out – have fun with it and make it into a 30 day challenge.

Kindness is like a muscle, the more we exercise it the better we are at it.

How to Get your Parent(s) to Say YES!

You really want to go out with friends on Friday night and you know that mom/moms/dad/dads/mom and dad aren't going to budge. Here's how to get them to (at least) consider:

1. Let them know (with advance warning) that you'd like to arrange a time to sit down and talk with them about something.
2. Be flexible about when you can meet. For example, don't try to meet at 10 at night when you know he/she/they have to wake up early for work. Set a time after dinner (that you ate WITH THEM at HOME!) or when the family is just hanging out.
3. Don't pull siblings or friends into the conversation (unless they're going to the event with you).



4. Sit down with your parent(s) and explain the upcoming event that you're asking permission to attend. Important details: **Who** will be there, **who** is supervising, **what** will you be doing, what **date/time** will you need to be there and **how** will you get to the event, will you need **money**, and **why** you're so excited about the event.

5. Here's where problems are likely to take place:

- Your parents may not approve of the other people who will be at the event. Good luck with that one! If your parents have reason to not approve of certain people, then this is gonna' be a tough sell. Parents generally don't like people who they feel puts their teen at risk.
- Your parent(s) may not believe there will be supervision. Offer to have your parents talk to the person supervising. Provide them with the (CORRECT) phone number.
- If you need extra money for the event, come to the meeting with your parent(s) with an idea of how you plan to earn the extra money at home (pick up a few more chores, mow the yard, etc.). Follow through with these chores OR IT WILL HURT YOU NEXT TIME!

6. If the discussion is not going anywhere, ask your parent(s) the main reason they're saying no. Do not yell at them; this will only make them more firm in saying no. Reschedule the discussion for a later time when everyone is calm. Revisit step #1 and try again.

Remember, your parent(s) want honesty and they want to see you handling yourself responsibly. Come to the meeting prepared to answer questions. Have answers to the tough questions and also come prepared for your parent(s) to say no. Good luck!

How did using these steps work out for you!?

How To Make French Toast

French toast is one of those “Happy Foods” that bring a smile to everyone’s face. It’s that perfect weekend breakfast food that just makes you feel like you’re celebrating.



You probably have the basic ingredients — eggs, milk, sugar, butter, and bread — sitting in your kitchen right now. Add maple syrup and vanilla extract to your next shopping list and you’ll be ready to make French toast. (All sorts of different flavored extracts can be found near the spices/baking ingredients at the grocery store.)



Plain white bread is traditional, but you can also try using a braided bread (challah), croissants, whole-wheat and rye bread for French toast.



The following ingredients are needed to make French toast:

2/3 cup of whole milk

4 large eggs

2 Tablespoons of sugar

1 teaspoon of vanilla

¼ teaspoon of salt

Using a shallow bowl whisk them together (or blend together with a fork).



The egg mixture should look like this before you start dunking the bread.



Dunk each slice of bread into the egg mixture just before you add the bread to the fry pan.



Make sure both sides are fully covered.



This step could take a little practice. Leave it too long and the bread disintegrates; not long enough, the bread doesn't get coated.

Melt 1 1/2 Tablespoons of butter in a fry pan over medium heat. Add however many slices of bread fit in the pan without squishing everything together.



Cook the bread until it is golden brown and then flip it, preferably with a spatula. Let the other side cook until golden brown as well.



Serve it immediately with a dusting of powdered sugar or maple syrup.



Enjoy!

How to Start a YouTube Channel



Image credit: Andrew Perry/Flickr



JASON R. RICH

DECEMBER 5, 2013

In his book Entrepreneur Magazine's Ultimate Guide to YouTube for Business, marketing and public relations consultant Jason Rich show you how to master the secrets of successful "YouTubers" and put your brand, product or service in front of millions of potential viewers. In this edited excerpt, the author walks you through the process of creating your own YouTube channel.

The process for establishing your own YouTube channel takes just a few minutes. You'll then want to customize the channel by adjusting a handful of options, uploading your photo or logo, and linking your channel with your other online social networking accounts, like Facebook, Twitter and Google+.

First, you need to create your free Google account. If you're starting a YouTube channel for your business, set up a separate Google/YouTube account from scratch, using a unique and nonpersonal email address. That way someone else from within your organization can run the channel without you having to give out your personal Google account username and password. Keep in mind, only one YouTube channel can be associated with each Google account.

Currently, there's no such thing as a specialized business account or YouTube channel for businesses. So you'll need to customize a standard YouTube channel's settings so that it best caters to your audience and showcases your business, its image and brand, and your videos.

To create a unique Google account, follow these steps:

1. Launch any web browser on your computer that's connected to the internet and visit www.youtube.com.
2. From the YouTube homepage, click on the "Sign In" link that's displayed near the top-right corner of the screen.
3. When the YouTube "Sign In" screen appears (with the Google logo in the upper-left corner), click on the "Create an Account" button that's displayed in the upper-right corner. You'll be prompted to first create a new Google account.
4. At the "Create a New Google Account" screen, fill in the fields. You'll be asked to enter your first and last name. Then you'll be instructed to choose a unique Google username. Next, create and confirm a password for the account, enter your birthday and gender, as well as your mobile phone number and current email address. If you're creating a YouTube channel for your business or service, for example, don't use a personal email address when prompted for your current email address. Select your location from the pull-down menu, and then agree to the "Terms of Service" that are listed on the screen. Click the "Next Step" button to continue.

The Google username you select will also become your YouTube channel name, and a free Gmail address will be issued to the account. Use your business name as your username or choose something that's clever and that your intended audience will identify with. The channel name/username should be easy to spell and something that people will remember. If your YouTube channel will be promoting a product, for example, consider using the name of the product (assuming it is not copyrighted or trademarked by someone other than you or your business) as your username.

5. Next, you'll need to create your Google Account Profile. This includes uploading an optional profile photo. Click on the "Add Profile Photo" button to do this, then click on the "Next Step" button to continue. If you're creating an account for your business or organization, upload a company logo or product photo, as opposed to a personal photo or headshot.
6. Once you establish your Google account, click on the "Back to YouTube" button.
7. Within a few minutes, you'll receive two emails from Google. One will ask you to verify your current email address. Simply click on the link provided within the email to do this. The second email you receive will contain details about your new Gmail account. Save the information within this email for later reference.

Transform Your Google Account into a YouTube Channel

Using your Google account (which also serves as your YouTube account for watching videos), you can easily establish and customize your own YouTube channel, and then populate it with your own videos. Follow these steps to create a free YouTube channel once you have a valid Google account set up.

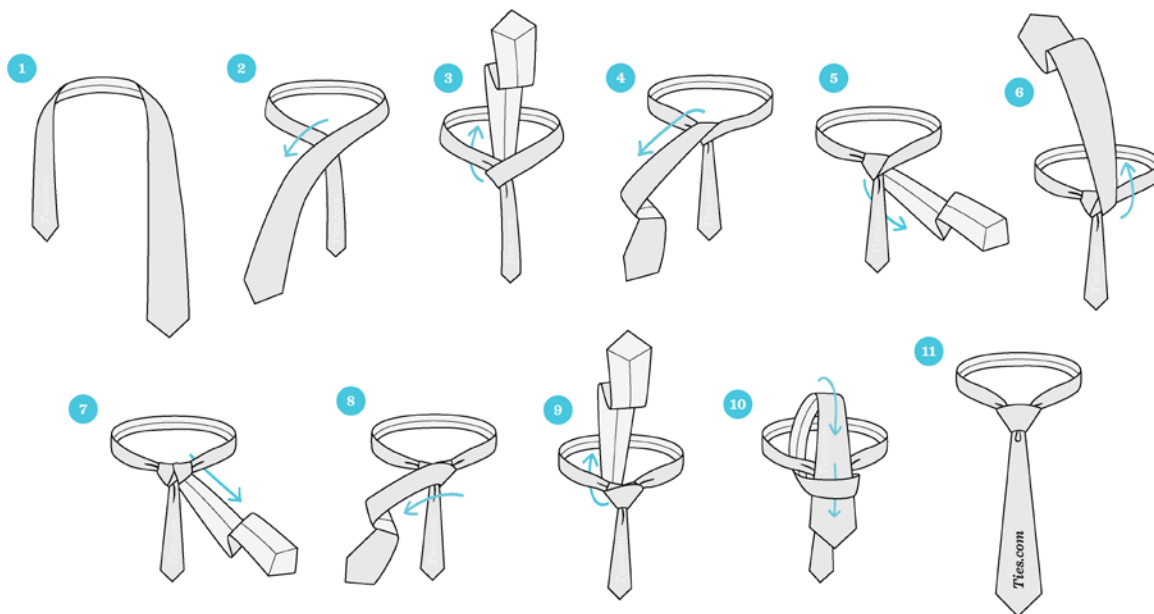
1. Access www.youtube.com, and sign in using your Google account username and password. The main YouTube home screen will be displayed.
2. Near the upper-right corner of the screen, you'll see your account profile picture. Click on it to reveal the Google Account Menu, which will also be displayed near the top-right corner of the screen.
3. Click on the "My Channel" link in the upper-right portion of the screen. The "Create Your YouTube channel" screen will be displayed. From this initial screen, you'll see your profile photo, as well as your username and/or first and last name displayed. Click on the "Edit" link that's associated with the "From Your Google Profile" option in order to customize your Google profile, which will be your identity containing public information about you that people will see online.
4. Under the "Activities you'll share on your channel" heading, you'll see four options, labeled "Like a video," "Comment on a video," "Favorite a video," and "Subscribe to a channel." Add a checkmark to the checkbox that's associated with each activity you want people who visit your YouTube channel's page to be able to do.
5. Click on the "OK, I'm Ready to Continue" button. Your YouTube Channel has now been created. The next step is to start populating your channel by uploading videos to it.

How to Tie the Windsor Knot

About the Windsor Knot

Although the Duke of Windsor never specifically used the Windsor knot, he did favor a wide triangular knot. In actuality, the Duke achieved his trendsetting look by tying a Four-in-Hand with specially made wide and extra thick ties. The Windsor knot was invented by the public as a way to imitate the Duke's knot style. There are several derivatives of the Windsor that are all referred to by the same name. The Windsor delivers a symmetrical and solid triangular knot that works best with a spread collar.

The Windsor Knot Tying Instructions



- 1. Start with the wide end of the tie on the right and the small end on the left. The tip of the small end should rest slightly above your belly-button (this will vary depending on your height and the length & thickness of your tie). Only move the active (wide) end.
 - 2. Wide end over the small end to the left.

- 3. Up into the neck loop from underneath.
 - 4. Down to the left.
- 5. Around the back of the small end to the right.
 - 6. Up to the center, towards neck loop.
- 7. Through the neck loop and down to the right.
 - 8. Across the front to the left.
- 9. Up into the neck loop from underneath.
- 10. Down through the loop you've just created in the front.
- 11. Tighten the knot by pulling down on the wide end. Slide the knot up & adjust.

Learning to Skate Backwards



By Jo Ann Schneider Farris
Figure Skating Expert

Updated October 20, 2016.

Before trying to skate backward, it is a good idea to practice walking backward and gliding for a short distance on figure skates. This exercise will help beginning figure skaters become comfortable with the feeling of moving backward on ice skates.

Step One - Point the Toes In and Put the Toes Together

With your skates on, point your toes in and put your toes together. Pretend your toes are "kissing."

Step Two - Walk Backwards

Take "baby steps." Continue to keep your toes pointing in. Make sure the weight on your feet is over the front part of the skates, but not too far in front. Bend your knees and keep your skates pressed inside slightly. Don't look down.

Step Three - Glide Backwards for a Short Distance

Go to the rail. With your feet parallel, gently push yourself backward so that you glide backwards for a short distance. Do this exercise over and over. Be sure to glance behind you to make sure you don't run into anyone before you push yourself away from the rail.

Step Four - Practice Walking and Gliding Backwards

Now, repeat the "baby step" walking backwards exercise with the toes pointed together and then allow your skates to "rest" and glide backwards for a short distance. Practice this exercise again and again until you feel comfortable with the feeling of moving backwards on ice skates.

How to sneak out of the house, unnoticed.

For every teenager, hanging out with your friends is part of your daily routine. Nevertheless, sneaking out at night to meet them, adds the taste of adventure in that everyday task. I'm sure most of you, almost all, had snuck out of your houses at night at least once, in order to go out. However, some of them who do not carry out their procedures carefully and properly enough, are likely to get caught. To be the 'master' of sneaking out, all you have to do is follow my directions.

Sneaking out of the house requires a lot of examining and meticulousness. For the kids who suffer from having to get caught all the time, fear no more, because I will tell you step by step how to get out of the house, unnoticed. In order to do that, first you need to prepare for the 'grand exit.' During the daytime, carefully and very silently, get a small flashlight and put it in your room. Then, get some olive oil from the kitchen and put some on your hands just enough so that it won't drip. If you take too much, it would rip on the floor and make a mess. The oil is used to silence the creaking sound the hinges of the doors make (yes, it really works!). Walk over to your bedroom door. Put the oil on the hinges of the door and swing it back and forth to see if it makes the old creaking sound. Apply until the sound is gone. After you've accomplished that, walk over to all the doors that block your way at night, probably the back door, or the front door, and repeat the above procedures. Next, you have to figure out which parts of the floors make that squeaky sound. Slowly, start from your bedroom and walk all the way across the house until the front/back door, carefully marking in your head, the specific tiles or places that do not make any noise. Depending on your ability to memorize, you can mark the tiles with tiny stickers, or you can draw up a map of your floor, you can do anything you want as long as you're positive your parents won't notice. Now, the preparation part is finished.

Go through the day with your daily routines, and wait patiently until you know for sure that your parents are asleep. To test things out, you can walk past in front of their room making some noise. If they wake up, you can just tell them you were getting some food from the fridge, or going to the bathroom, but this means you have to wait a bit more. If they do not wake up, then it is time for you to take action. After you've done the test and made sure that your parents are asleep, go back to your room and dress up. While you are at it, why don't you dress up a little fancily? It would certainly add more excitement to your midnight project.

When you are through all the previous procedures, it is now time for the action to begin, sneaking out. Put some pillows under your covers to look like you're still in bed (just in case you're parents come to check up on you). Turn off any lights. Be as cautious as possible, take your flashlight, and open your bedroom door. Surprisingly, it does not creak. Why? Because you've greased it before. So give yourself a little pat on the back. Then, turn on the flashlight and look for the specific parts on the floor you've eyed earlier. Walking on these parts would allow you to go to your door without a creak. After you arrive at your exiting door, turn off the flashlight, and open the door carefully. After you are out of the house completely, slowly close the door behind you, and voila! You've done it. You can stay out all night and not worry about a thing because you did not get caught! And your parents obviously have no idea that you've snuck out. The only step left for you is to go out and have fun. Since it was something you just could not miss, it better be good.

Teenagers, many of us always try to rebel and break rules. Sneaking out of the house is probably on the top 10 list of notorious things that we do. But who can blame us? It's in our nature. However, what many of us don't often realize is that the rules our parents set up for us are actually for our own goods. So next time you're thinking of using my procedures to sneak out somewhere, think again. Ask yourself if it is that important for you to go through all that risk just to get out of the house for one day, because one day of sneaking out might lead to a permanent break of your parents' and your bond of trust.

Your complete guide to surviving the zombie apocalypse

[Leslie Turnbull](#)



Keep in mind that for all their horrifying habits, zombies are remarkably easy to kill. (Gene Page/AMC)

October 10, 2014

With the Centers for Disease Control and World Health Organization pretty darn preoccupied with Ebola these days, you might be tempted to anxiously imagine than an infamous zombie virus might, just might, [slip through the cracks](#) and devastate the World As We Know It.

Are you prepared? In honor of the premiere of season five of [AMC's *The Walking Dead*](#), we've created a handy zombie apocalypse survival guide. By following these five simple steps, you can dramatically increase your chances of coming through the upcoming drama — if not unscathed — then at least uneaten, and perhaps even with your dignity intact.

1. Choose your weapon



(*The Walking Dead* | Blake Tyers/AMC)

Everyone knows the only way to kill a zombie is to destroy its brain. But not everyone shares the same preferred method for accomplishing this important task. Do you have good eyesight and

steady hands? Then a firearm or crossbow might be a good choice for you. Most of us would prefer to dispatch with zombies at a distance.

However, should you be taken by a surprise close encounter with a hidden zombie, it may be hard to fire a shot. You should always be prepared to use the butt of your gun to smash the cranium of your unwanted undead ... and to cope with the resulting mess. Zombie shooters must also remember that you will eventually run out of ammunition and need to take a risky run into an abandoned sporting goods store or police station to restock. And those places are inevitably always crawling with zombies.

Other zombie slayers prefer more hands-on methods of zombie extermination, such as broadswords, knives, and [katana](#). These weapons are certainly quieter — zombies are attracted to noise — and offer a higher degree of personal satisfaction during the act. *Take that, biter!*

But because these stabbing weapons require a great deal of skill and training — and one mistake in a close encounter with a zombie will cost you dearly — you should begin (safely and carefully!) practicing now. This kind of close-combat training has the additional benefit of imparting discipline and physical strength, which are extremely desirable qualities during the zombie apocalypse. Every band of zombie survivors should include at least one person who is handy with a blade.

Of course, it is quite likely that you will, on occasion, find yourself needing to deal with an errant zombie without easy access to your weapon of choice. It's good to remember, in a pinch, you can always grab a [handy bat](#), garden implement, or heavy rock and just have at it. Zombies, for all their horrifying habits, are remarkably easy to kill.

2. Assemble your team



(*The Walking Dead* | Gene Page/AMC)

While the occasional [loner](#) can and does wander the post-apocalyptic landscape without being taken down by lurching hordes of brain-cravers, most people make it through the zombie apocalypse by creating structured and diverse social units. While television and movie depictions of the apocalypse would have us believe these resourceful people just sort of fell together in the aftermath of the initial wave of the zombie virus, in real life, you're more likely to get stuck with your whiny relatives or co-workers... unless you plan ahead.

Consider the people you know in light of their personalities, skill sets, and will to live, and invite them to join your Zombie Survival Team. A few suggested archetypes to consider:

- **Determined leader:** A calm, steady type who's not afraid to take charge and make decisions. You might look to folks in law enforcement or some other form of [public service](#). Just be aware that the stress of leadership during the zombie apocalypse can bring out the worst in people, so try to [avoid megalomaniacs and psychopaths](#).
- **Medical professional:** Even without the threat of the zombie virus, life in the apocalypse is a medical minefield. Survivors tend to get hurt a lot, and with no running water or sanitation, disease can run rampant. Try to include a doctor, nurse, or even a [veterinarian](#) in your hardy band of survivors. You won't be sorry, especially if and when somebody does get [azombie bite](#).
- **Wise counsel:** When the leader needs advice, she must have someone intelligent and reliable to whom she can turn. Enter the [Wise Counsel](#), often someone a little older, perhaps an academic or cleric, who can help solve problems without threatening the authority of the leader.
- **Wild warrior:** Every group needs a fighter, that half-crazed but [fearless guy or gal in camo](#) who will take one for the team and still keep going, even when it seems all is lost. Navy SEALs, SWAT team members, and roller derby queens are all good candidates for this role.
- **Kind caregiver:** The zombie apocalypse can really get you down. This is why you might want to consider including a nurturing, optimistic soul with a sympathetic ear and ability to cheer up even the bleakest of situations. This role is often filled by elementary school teachers, psychologists, and prostitutes-with-hearts-of-gold. Know any of those?

Of course, it is entirely possible that there will be some crossover between these types, and that is only to your benefit. Odds are you will lose one or more of your team members before the zombie apocalypse plays itself out, and it's good to have utility players who can fill the breach.

Consider physical attractiveness of individual team members only after you've ensured their other contributions to the group. With personal hygiene and fashion a low priority, it's nice to be around people who can still look good with greasy hair and zombie blood on their [\(often shredded\) clothing](#). Besides, as *Walking Dead* producer Gale Ann Hurd [recently reflected](#): "There is always love within the zombie apocalypse."

3. Scout a location



(*The Walking Dead* | Gene Page/AMC)

Once you've assembled a respectable Zombie Survival Team, agree to rendezvous as quickly as possible at a pre-selected site which will provide ample shelter, food, water, and other supplies for what might end up being months — even years. [Shopping malls](#) are popular zombie-defying spots, as are school cafeterias, jails, and big box warehouse stores (causing some quipsters to note an added layer of protection: zombies can't get in without a membership card.) Places to avoid include hospitals and law enforcement agencies, since everyone else (and the zombies) will go there first and wreak havoc on the place.

The first team member who arrives at the selected site should say "claimed," loudly and audibly. Then hunker down for a fight, because as sure as zombies, you will be defending your new home against other survivors. While some might seem nice and ready to contribute to your survival efforts, others will probably want to take over your fortress, kill you, and possibly even eat you. Don't let that happen.

4. Pack a bag



(*The Walking Dead* | AMC)

Survivors [need clothing](#) that will stand up to long treks in search of food and shelter, all kinds of weather, and fierce battles. Pack a sturdy, easy-to-carry backpack before the apocalypse actually begins. That way, like a woman in labor, you won't even have to think as you run out the door two steps ahead of the zombies.

What to pack? You'll be living in these same clothes for a long time (hopefully), so think of comfortable, well-fitting layers that won't chafe or be easily grabbed by grasping zombies or bad guys. Tight, long-sleeved shirts and cargo pants are an excellent choice. In addition to providing extra warmth and protection, pocketed vests are handy for storing all those little goodies you might come across while scavenging for survival, like sunscreen, chewing gum, and zombie antiserum.

Stain resistance is a plus. Sturdy boots are a must. If they have heels, you'd better be darned sure you can run in them. Steel toes might be a better idea — you can always use as a weapon of last resort!

Don't forget plenty of extra socks and underwear.

5. Hang on to your humanity



(*The Walking Dead* | AMC)

The zombie apocalypse, like oversold coach seating on an intercontinental flight, will at times make even the kindest, most gracious person on the planet want to lose her cool. When the zombies have breached your walls, when a rogue band of villains has stolen your weapons and kidnapped your lover, when there is no food, little water, and your fellow survivors are stretching your every last nerve, it will be tempting to steal someone's else's candy bar or be mean to the one member of your team who doesn't seem to be pulling his weight.

Fight this urge with every fiber of your being.

Courtesy and good manners could be the last relic of civilized society. Is it really worth throwing them away just because you are being threatened by legions of the undead? It is precisely during such times of inordinate stress and danger that humanity's greatness has broken through and triumphed over evil. Think of the Queen Mother during World War II Blitz of London. Think of Nelson Mandela. Think of "the helpers," as noted psychologist Fred Rogers called them, who emerge in the midst of every calamity to overpower and overshadow the bad actors. The good guys will always win. *Always*. So be good.

Then go out and kill those zombies.