

INSPIRED

To Make Healthy Choices

The human bodies are amazing. These fun facts will hopefully show you just how

- The tongue is the strongest muscle in the body. Just like fingerprints, everyone has different tongue prints.
- It is impossible to sneeze with your eyes open.
- An average sneeze expels a high-velocity cloud that can contaminate an entire room in minutes. Sneezing into a tissue or your elbow prevents this from happening.
- The harder you concentrate on falling asleep, the less likely you are to fall asleep.
- You can't hum while holding your nose closed.
- The longest bone in an adult human is the thigh bone, measuring about 18 inches. The shortest bone is in the ear and is just 0.1 inches long, shorter than a grain of rice.
- The strongest muscle based on its weight is the **masseter**. **With all muscles of the jaw working together it can close the teeth with a force as great as 55 pounds on the incisors or 200 pounds on the molars.**
- The brain operates on the same amount of power as 10-watt light bulb.
- Your brain uses 20% of the oxygen that enters your bloodstream while it only makes up about 2% of our body mass. It consumes more oxygen than any other organ in the body, making it extremely susceptible to damage related to oxygen deprivation.
- The brain is much more active at night than during the day.

- The human heart creates enough pressure to squirt blood 30 feet.
- The acid in your stomach is strong enough to dissolve razorblades.
- A full bladder is roughly the size of a softball.
- Approximately 75% of human waste is made of water.
- Earwax production is necessary for good ear health. It protects the delicate inner ear from bacteria, fungus, dirt and even insects. It also cleans and lubricates the ear canal.
- Your nose can remember 50,000 different scents.
- By the age of 60, most people will have lost about half their taste buds.
- Humans can survive longer without food than sleep. Provided there is water, the average human could survive a month to two months without food depending on their body fat and other factors. Sleep deprived people, however, start experiencing radical personality and psychological changes after only a few sleepless days.
- Mindful meditation, after only a couple of months, thickened the part of the brain in charge of learning and memory and decreased the cell density in the area responsible for fear, anxiety and stress. These physical changes can alter our mood.

Appreciating and taking care of our bodies is much easier when we understand how they work.

For more information:
OUR AMAZING BODIES
www.guideinc.org

It takes 17 muscles to smile and 43 to frown.

It is not possible to tickle yourself.

The hardest bone in the human body is the jawbone.

Food smells better when you are tired.

