

INSPIRED

To Make Healthy Choices

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

- You are born with 300 bones, but by the time you are an adult you only have 206, with one fourth located in your feet.
- There are **60,000 miles of blood vessels** in the body.
- **A person can live without food for about a month, but only about a week without water.** If the amount of water in your body is reduced by just 1%, you'll feel thirsty. If it's reduced by 10%, you'll die.
- **Women have twice as many pain receptors on their body than men, but a much higher pain tolerance.**
- Messages from the brain travel along nerves at **up to 200 miles an hour.**
- Our ears and nose **never stop growing.**
- In an adult, **blood circulates about 12,000 miles a day.** This is like traveling from east to west across the widest part of the Pacific Ocean.
- An adult's stomach can hold over **two quarts of food.** That's enough to fill four large or eight small drinking glasses.
- The **fastest muscles are the ones that make the eyes blink.** They can contract in **less than one-hundredth of a second.** In just one day, a person may blink their eyes over 11,500 times.
- For an adult, **taking just one step uses up to 200 muscles.**

- The brain contains **86 billion nerve cells joined by 100 trillion connections.** This is more than the number of stars in the Milky Way.
- The **liver** is the largest internal organ and **the only one that can regenerate itself.** However, repeated damage to the liver can eventually injure and scar this amazing organ.
- The heart beats **over 3 billion times** during an average lifespan.
- The average person has **about 5 pounds of bacteria** in his or her digestive system.
- A human skeleton **renews itself completely every 10 years.**
- The fingernails grow faster than toenails, faster on the hand a person writes with and faster on longer fingers.
- **Every hour, we shed about 600,000 particles of skin,** or about 1.5 pounds every year. By the time a person is 70 years old, s/he will have lost about 105 pounds of skin.
- **The lining in a person's stomach is replaced every 4 to 5 days** to prevent it from digesting itself.
- An adult **small intestine is about 18 to 23 feet long,** which is about four times as long as an adult is tall.
- A person's feet has about **500,000 sweat glands** and can produce about a pint of sweat a day.

Appreciating and taking care of our bodies is much easier when we learn more about them and how they function.

Everyone has different tongue prints, just like fingerprints.

A sneeze can travel about 100 miles per hour or more.

The little finger contributes over 50% of the hand's strength.

Our eyes can distinguish between approximately 10 million different colors.

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

