

Did You Know??

1. It takes 17 muscles to smile and 43 to frown!
2. You are about a half inch taller in the morning than you are before you go to bed!
3. You are born with 300 bones, but by the time you reach adulthood you have only 206!
4. The strongest muscle in your body is your tongue!
5. The hardest bone in the human body is the jawbone!
6. About half of the bones in your body are in your hands and feet!
7. The width of your arm span stretched out is about the length of your whole body!
8. Your "funny bone" isn't a bone at all. It's a nerve, called the ulnar nerve, which runs down the inside of your elbow.
9. Humans have tails, too. It's at the end of the back bone, called the coccyx!
10. The smallest bone in your body is the stapes, which is located deep inside your ear!
11. The longest bone in your body is the femur, or thighbone. It makes up almost one quarter of your height!
12. The smallest muscle in your body is the stapedius, deep inside the ear!
13. The biggest muscle in your body is the gluteus maximus, in your buttock. It helps pull the leg backwards for walking, running, and climbing steps!
14. Most people have 12 sets of ribs, but 1 out of every 20 people is born with at least one extra rib!
15. Your body has 650 muscles. They make up nearly half of your total body weight!
16. The acid in your stomach is strong enough to dissolve a razor blade!
17. Your body has about 60,000 miles of blood vessels. That's enough to stretch more than two times around the earth!
18. When you sneeze, you produce wind that travels more than 100 miles per hour!
19. During your lifetime, your mouth will make enough saliva to fill two swimming pools!
20. Your teeth start growing 6 months before you are born!
21. Your body sheds and regrows a new layer of skin every 27 days!
22. Every day, your body produces about 300 billion new cells!
23. Your body gives off enough heat in 30 minutes to boil a half gallon of water!
24. It is not possible to tickle yourself!
25. The purpose of eyebrows is to keep sweat from running into your eyes!
26. Hair is the second fastest growing tissue on the body. Bone marrow is the first!
27. Around 20% of the oxygen you breathe goes to your brain!
28. Your ears and nose continue to grow throughout your entire life!
29. During your lifetime, your kidneys will clean over 1 million gallons of blood!
30. The adult body contains 5 to 6 quarts of blood, while infants have about 1 quart of blood!
31. Your heart beats about 40 million times a year!
32. The aorta is the largest artery in the body. It's about as wide as a garden hose!
33. Your body releases about a half liter of water every day through breathing!
34. Most people blink about 25 times a minute!
35. Nerve signals to and from your brain can travel as fast as 170 miles per hour!
36. 80% of your brain is water!
37. Every day, the average person loses 60 to 100 strands of hair!
38. You have as many hairs per square inch on your body as a chimpanzee. Most are too fine to be seen!
39. Your heart creates enough pressure to squirt blood 30 feet!
40. The skin is the largest organ of the body!
41. The average person breathes about 76 millions gallons of air in their lifetime!
42. It takes about 1 minute for a red blood cell to circulate around the whole body!
43. In one day, your body sheds about 10 billion skin flakes!
44. The enamel in your teeth is the hardest substance in your body!

