

Amazing Body Facts!

Ron Jones, MS, ACSM Health/Fitness Instructor, Corporate Wellcoach



The amazing body facts below come from the Bodies Exhibition website. If you haven't seen this amazing and educational exhibition, using real human bodies preserved with the latest of scientific methods—do it now! You can learn more in an hour of this exhibition about your body and respecting its amazing complexities than you can learn in college anatomy courses! --Ron Jones

"You will leave with a greater understanding of your own physical makeup and with a deeper respect for the machine that gives you the power of life... Bodies... The Exhibition will change the way you view yourself forever."
--BodiesTheExhibition.Com

Did You Know?

- A human being loses an average of 40 to 100 strands of hair a day.
- An average human scalp has 100,000 hairs.
- Beards are the fastest growing hairs on the human body. If the average man never trimmed his beard, it would grow to nearly 30 feet long in his lifetime.
- A cough releases an explosive charge of air that moves at speeds up to 60 mph.
- Every time you lick a stamp, you consume 1/10 of a calorie.
- A fetus acquires fingerprints at the age of three months.
- A sneeze can exceed the speed of 100 mph.
- Every person has a unique tongue print.
- According to German researchers, the risk of heart attack is higher on Monday than any other day of the week.
- An average human drinks about 16,000 gallons of water in a lifetime.
- A fingernail or toenail takes about 6 months to grow from base to tip.
- It takes 17 muscles to smile and 43 to frown.
- Babies are born with 300 bones, but by adulthood we have only 206 in our bodies.
- By age sixty, most people have lost half of their taste buds. By the time you turn 70, your heart will have beat some two-and-a-half billion times (figuring on an average of 70 beats per minute.)
- Each square inch of human skin consists of twenty feet of blood vessels.
- Every human spent about half an hour as a single cell.
- Every square inch of the human body has an average of 32 million bacteria on it.
- Fingernails grow faster than toenails.
- Humans shed about 600,000 particles of skin every hour - about 1.5 pounds a year. By 70 years of age, an average person will have lost 105 pounds of skin.

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Amazing Lung Facts

- At rest, a person breathes about 14 to 16 times per minute. After exercise it could increase to over 60 times per minute.
- New babies at rest breathe between 40 and 50 times per minute. By age five it decreases to around 25 times per minute.
- The total surface area of the alveoli (tiny air sacs in the lungs) is the size of a tennis court.
- The lungs are the only organ in the body that can float on water.
- The lungs produce a detergent-like substance which reduces the surface tension of the fluid lining, allowing air in.

Amazing Heart Facts

- Your heart is about the same size as your fist.
- An average adult body contains about five quarts of blood.
- All the blood vessels in the body joined end to end would stretch 62,000 miles or two and a half times around the earth.
- The heart circulates the body's blood supply about 1,000 times each day.
- The heart pumps the equivalent of 5,000 to 6,000 quarts of blood each day.

“Closing Statement by BODIES...THE EXHIBITION”

**Yes, we live in a world surrounded
by technology, information,
and cement; fast-paced living
with no time for reflection.**

We become ill and expect a physician to heal us swiftly, so we can return to our hectic way of life.

When an illness is severe and our mortality comes into question, we may take the time to stop and ponder our existence. But cured, we are off again not thinking about the extraordinary, complicated human beings that we are.

Our bodies are indeed intricately more complex and wondrous than all of the computers and gadgetry that surround us today. Yet many of us do not really know what lies beneath our skin—how our bodies function, what they need to survive, what destroys them, what revives them.

BODIES...THE EXHIBITION is an attempt to remedy this unfortunate set of circumstances. Take the knowledge gained from the exhibition, expand on it, and use it to become an informed participant in your own health care. This involves more than improving your diet or beginning a long overdue exercise program. It involves partnering with your doctor to understand what you—and your unique body—need to sustain a full and rewarding life.

*Quoted from BODIES...THE EXHIBITION (www.bodiestheexhibition.com)

* Ron Jones (9.3.07)

www.ronjones.org “High-Performance Health” © 2007

Get Fit.  Be Strong.