

Did you know?

- People who have a large lung capacity can send oxygen around the body faster. You can increase your lung capacity with regular exercise.
- Red blood cells carry oxygen around the body. They are created inside the marrow of your bones.
- The adult human heart beats over 100,000 times every day. Do the math and discover how many times this occurs in a year, or a life time.
- The human body has 206 bones. The smallest bone is the stirrup, deep in the ear (very important for our hearing) It is slightly larger than a grain of rice.
- The longest bone is the femur (the large bone located in your upper leg). It makes up almost one quarter of the body's height. The largest bone is the pelvis, or hipbone. In fact it is made of six bones joined firmly together.
- The brain looks like a giant, wrinkled walnut and weighs about 3 pounds. Unlike other body cells, brain cells cannot regenerate. Once brain cells are damaged they are not replaced There are around 100,000 miles of blood vessels in your brain. Your skin weighs twice as much as your brain. A newborn baby's brain grows to 3X its size in the first year.
- Exercise, eat properly, be your OWN HEALTH ADVOCATE, if you have health concerns consult your physician. Being cautious is more appropriate than ignoring a symptom that might or might not be serious.

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