

FUN FITNESS FACTS

Mark's Corner



LOVE YOUR BODY; IMPROVE YOUR LIFE



20 Fun fitness facts that you might never of heard of. Enjoy

1> You would need to drink 1 quart of milk everyday for 3-4 months to drink as much blood as your heart pumps in one hour.

2> Tongue prints are as unique as fingerprints.



3> Underwater swimming is the only time you should hold your breath while exercising.

4> Your body has approximately 60,000 miles of blood vessels.

5> Muscle is 3 times more efficient at burning calories than fat.



6> The human body has more than 600 muscles (622)

7> Your tongue is the only muscle in your body that is attached at only one end.

8> 71% of men admit they should exercise more.



9> The pink under your fingernails is the blood in your capillaries.

10> Your heart rests between each beat. Over a normal lifespan, your heart stands still for about 20 years.

11> Your heart is about the size of your fist and weighs about as much as a softball.



12> Your brain weighs about three pounds; is pinkish gray in color and is about the size of a cauliflower.

13> The human body has 45 miles of nerves.



14> Your heart is the strongest muscle of your body and beats about 100,000 times in one day.

15> If all 622 muscles in your body pulled in one direction, you could lift 25 tons.

16> The human nervous system can relay messages to the brain at speeds up to 200 miles per hour.



17> Nearly 50% of young people ages 12-21 are not vigorously active on a regular basis.

18> Did you know that for every one pound of muscle you gain, your body burns an extra 50 calories a day.



19> The average person walks 70,000 miles during his lifetime.

20> 69% of men consider themselves to be physically fit; 13% of men are actually physically fit.