


Fun facts - YOUR body is amazing!



We all know the human body is an incredible machine, filled with complicated systems and organs. Here are some interesting facts about your body along with examples of how a small amount of effort can make a huge difference in how you feel and how your body performs.

- » The human body has more than 650 muscles.
- » Each muscle fiber is thinner than a hair and can support more than 1,000 times its own weight.
- » By the age of 65, people who DO NOT exercise may incur a decrease in their muscular strength by as much as 80 percent.
- » Between birth and old age, you will walk approximately 70,000 miles.
- » Walking is one of the best exercises you can do to keep your heart and lungs in good working condition.
- » Aerobic exercise is one of the best preventative measures available, and one of the cheapest.
- » It only takes 23 seconds for the blood to circulate through your entire body.
- » Placed end to end, the blood vessels in your body would stretch almost three times around the earth's equator.
- » If you are 25 pounds overweight, you have about 5,000 miles of extra blood vessels through which your heart has to pump blood.
- » Consistent exercise teaches your body how to be an efficient fat burner, instead of a fat storer.

Exercise and a healthy diet are the best ways to keep your amazing machine in tip-top condition. By creating good daily habits, you can ensure that your body is in it for the long haul.

For more information, email the Health and Wellness department at GetHealthy@costco.com.