**FITIS.BIZ GAME BLURBS**

***LEVEL 1 – The Body***

* The human body has 650 muscles. Your heart is the strongest muscle of your body and beats about 100,000 times in one day!
* There are 206 bones in the human body, and 52 of them are in your feet (26 in each one). This means about 25% of the bones in the human body are in the feet!
* The average lifespan of our taste buds is only 10 days. The tongue is one of the strongest muscles in the human body, just like the heart, and it is the only muscle we have that is attached only at one end!
* Our nervous system can relay messages to the brain at speeds of up to 200 miles per hour. Your brain receives 100 million nerve messages each second from your senses. Talk about fast!

***LEVEL 2 – Fitness***

* Being dehydrated reduces exercise performance. Make sure to drink enough water to hit peak performance during a workout!
* Daily exercise can boost brainpower! Being active increases certain chemicals in the brain that lead to improved mental clarity.
* Working out can help reduce stress in your life. Exercise produces a kind of relaxation response in the brain, and this can serve as a positive distraction from stressors!
* Regular exercise can slow down and prevent different illnesses and diseases such as: stroke, high blood pressure, heart disease, high cholesterol, type-2 diabetes, arthritis, osteoporosis, and loss of muscle mass.

***LEVEL 3 – Nutrition***

* Eating breakfast allows the body to burn up to 20% more calories for the rest of the day!
* It takes the human body approximately 32 glasses of water to rid the body of all the acid ingested from drinking one can of soda. On top of that, the average American consumes 45 gallons of soda each year!
* Eat a variety of foods from the 5 food groups every day: fruit, vegetables, bread and cereals, meat or meat alternatives, and dairy. This will give you all the energy, vitamins, and minerals that your body needs.
* Go slow on the sugary and fatty foods, like candy, soft drinks, chips, and fried foods. Too many can be unhealthy for you and make you put on weight, as well as increasing the risk for contracting different diseases as an adult.