

HEALTH FUN FACTS



Laughing is good for the heart and can increase blood flow by 20%



Exercise will give you more energy, even when you are tired.



POSITIVE
VIBES



Always look on the bright side: being an optimist can help you live longer.

bonjour



Learning a new language or playing a musical instrument gives your brain a boost.



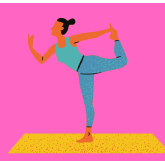
Feeling stressed? Read. Getting lost in a book can lower cortisol levels and other unhealthy stress hormones, by 68%.



Maintaining good relationships with your friends and family reduces harmful levels of stress and boosts your immune system.



Writing in a journal can make you a happier person!



Yoga can boost your cognitive function and lower stress.



An apple a day does keep the doctor away. Apples can reduce levels of bad cholesterol to keep your heart healthy.



Vitamin D is as important as calcium in determining bone health and most people don't get enough of it.

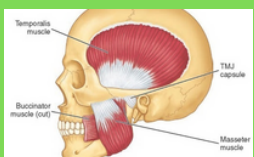


NO
TO
PLASTIC

Repeatedly using plastic water bottles can release chemicals into your water. Why not try a reusable bottle instead? It's good for you and the planet.



The human body has more than 650 muscles. Even at rest, muscle is three times more efficient at burning calories than fat.



The human jaw muscle, (masseter) can close teeth with a force as great as 200 pounds, or 890 newtons!



The eye muscles are the most active in the body, moving more than 100,000 times a day!



Information zooms along nerves at about 400kmph!



The human heart beats more than three billion times in an average lifespan.