

Nutrition and Exercise for a Healthier Life

U R what – U eat and do! cool facts about U

A bone is much stronger than a bar of steel of the same weight.

Bones need calcium from foods like milk and cheese to make them hard.

You have the same number of **neck bones** as a giraffe.

More than 25% of **your bones** are in your hands.

Fingernails grow four times faster than toenails.

Your brain is 85% water. If you could touch your brain it would feel like pudding.

Your brain needs oxygen to work properly. In fact, one fifth of all the oxygen you breathe in goes to your brain.

Your muscles make up 40% of your body weight.

The muscles in your face allow you to make about 10,000 different facial expressions.

You can help **your muscles** grow big and strong by eating lots of eggs, meat, cheese and beans.

At rest, **your heart** beats about 85 times a minute.

A blood cell goes around your body and back through your heart more than 1,000 times each day.

Your body contains enough iron to make a nail 1 inch (2.5 cm) long.

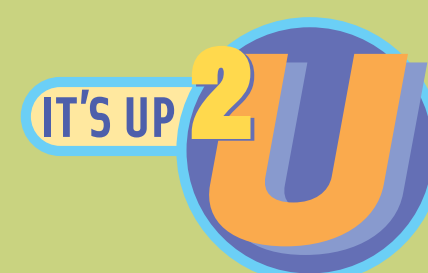
Your left lung is smaller than your right to allow room for your heart.

You breathe faster during and after exercise to draw more oxygen into your body.



Food Challenges!

- Drink fat-free milk for breakfast each morning.
- Pick a healthy dessert, like fruit or nuts, at lunch.
- Bring a healthy snack to school at least 3 times a week.
- Help your mom or dad make a balanced meal for dinner.



Exercise Challenges!

- Challenge your friend to a game of basketball during recess.
- Go for a bike ride or take a walk with your mom or dad.
- Try to jump rope 100 times in 1 minute.
- Join a sports team.

