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Healthy Days and Healthy Knights

Stressed????

Get a **\$10 massage**
in the health center!

April 22nd—30th

Call 245-5747 to set up an appointment!

Volume 10

April 2010

Healthy Happenings from the Healthguards

The Health & Humor Issue

Fun Facts about the Body

- The human body makes anywhere from 1 to 3 pints of saliva every 24 hours.
- The width of your arm span stretched out is the length of your whole body.
- If you farted consistently for 6 years and 9 months, enough gas is produced to create the energy of an atomic bomb
- On average a human will spend up to 2 weeks kissing in his or her lifetime; A one-minute kiss burns 26 calories
- During the female orgasm, endorphins are released, which are powerful painkillers.
- Your thigh bone is stronger than concrete.
- In animals, sex pheromones indicate the availability of the female for breeding.
- The pupils of our eyes dilate and grow larger when we see someone we're attracted to.

Why is it called your funny bone?

The ulnar nerve runs down your arm, along your elbow and into your pinky and ring finger. However, it is not protected by muscle or bone like other nerves. Therefore when you hit your elbow there is nothing but skin protecting it, thus a tingly sensation all the way down to your fingers is produced.
Not so funny is it?

Laughter for your Health

- Relaxes the whole body— relieves physical tension and stress
- Boosts immunity— increases immune cell functioning
- Releases endorphins— the body's happy chemicals and temporarily relieves pain
- Protects the heart— improves the function of blood vessels and increases blood flow
- Promotes group bonding— helps strengthen relationships and create new ones

Humor as a Coping Technique

- Fake it until you make it -smiling releases endorphins, which can make you actually feel happier (and look happier)
- Try to find the humor in situations in the moment. Don't wait to "look back and laugh."
- Use humor to view life's difficulties as "challenges" instead of "threats," making the situation seem less stressful!

Scorch calories!

Laughing for 10 to 15 minutes increases your heart rate by 10% to 20%, which means you can burn an extra 10 to 40 calories a day. This can add up to a four-pound weight loss over a year!



Put Humor in Your Life!

- Read the funny pages
- Share a joke or funny story
- Go to a "Laughter Yoga" club
- Make time for activities with fun people
- Watch a funny movie or TV show
- Look at the humor in a bad situation
- Go to a Comedy Club
- Learn to laugh at yourself