

Slim Goodbody

Inside your head, protected by your skull bones, is your brain. It grows very quickly when you're young and will reach full size by the time you're about five years.

BRAIN

NOSE

Your nose acts like a special air-conditioner that warms and moistens the air before it reaches your lungs.

DELTOID

The deltoid is the muscle in the upper arm that you use to raise your arm away from your body.

BICEPS

Every muscle is made up of thousands of thread-like fibers fastened together.

LUNGS

You take about 10 million breaths a year.

LIVER

It's sometimes called the body's chemical factory because it makes a number of different chemicals. It also helps to clean the blood.

LIGAMENTS

Reach from one bone to another and tie them together.

STOMACH

The stomach is rather small when it's empty, but can stretch a great deal when food comes into it.

QUADRACEPS

You have more than 600 muscles in your body. These muscles make up almost half your weight.

SKIN

The skin you're wearing today isn't the same skin that covered you yesterday. Millions of cells are washed or rubbed off every day.

EYES

The human eye is about the size of a ping pong ball, but it contains tens of millions of nerve connections and can handle 1,500,000 sight messages at the same time.

HAIR

People have an average of 100,000 hairs on their heads. If you added up all the hair growing it would equal 1000 inches a day!

EAR

The outer ear is only one part of the ear. The other really important parts you use for hearing are on the inside in the middle and inner ear.

MOUTH

Lips are part of the skin on your face. Your tongue is a muscle, inside are bumps with more than 9,000 taste buds. Teeth are covered with enamel which is the hardest thing in your body. You use 17 muscles to smile and 42 to frown.

BLOOD VESSELS

Laid end to end, your body has more than 60,000 miles of blood vessels - made up of arteries carrying blood away from your heart, veins carrying blood back to your heart and capillaries connecting the two.

HEART

Your heart is about the same size as your fist. Your heart will beat more than 1,000,000 times in the next two weeks.

RIBS

Ribs protect your heart and lungs. Most people have 12 pairs, but one person in twenty actually has an extra rib!

ULNA RADIUS

These two bones in the forearm give the hand greater ability to move, since they make it possible to turn it more than halfway around.

WRIST

The wrist has eight bones.

HANDS

More than one quarter of the bones in your body are in your hands and feet.

SMALL INTESTINE

The small intestine is all coiled up, but if straightened it would measure 20 to 30 feet in length - about four times your height.

PELVIS

The pelvis is formed by the hipbones and the end of the backbones. The lowest and strongest parts of the hipbones are what you sit on - sometimes called seat-bones. They support the upper part of your body.

LARGE INTESTINE

The large intestine is much shorter than the small intestine - but it's much wider.

JOINTS

The place where bones meet are joints. When you take a spoonful of soup, more than 30 joints move in your fingers, wrist arm and shoulder.

FEMUR

The femur is your thighbone. It's the longest and strongest bone in your body.

PATELLA

The patella is the scientific word for kneecap. It's not directly connected to any other bone. It's held in place by muscle attachments. If you relax your leg muscle, you'll see you can hold it and move it around quite a bit in many directions.

FIBULA

one of the thinnest bones in the body. It's also called the "splintbone."

BONES

You were born with about 300 bones, but when you're full grown you'll only have 206. That's because many bones will grow together as you age. Like the other parts of your body, bones are alive, they grow and take in food from the blood.

TIBIA

The tibia is the second longest bone in your body. It's also known as the "shinbone."

TENDONS

are tough stringy bands that fasten bones to muscles near-by.

ANKLE

The ankle has seven bones.

FEET

More than half of the bones in your body are found in your feet and hands.

YOUR AMAZING BODY