



## Body facts

### Your heart...

- Your heart is just a bit bigger than your fist
- Your heart pumps around 164,000 litres of blood around the body – the equivalent to almost 497,000 cans of coke

### Your blood...

- Blood travels along the 62,000 miles of arteries, capillaries and veins in the body – this as far as going around the world two and a half times

### Your insides...

- Your stomach can stretch up to 20 times its normal size
- The tongue is covered with 10,000 taste buds
- The surface area of your lung is equal to a tennis court
- The smallest muscle in the body is in the ear and is only 5mm long and thinner than cotton thread
- Stretched end to end your entire digestive system measures 30ft (9 metres) – the same as five David Beckham's standing on top of each other
- At birth babies have 350 bones, but some fuse together to create 206 bones when you are an adult.