

How well do you know your body?

- 1 Every day the average person loses **25–50 / 50–100 / 175–200** hairs. **Blondes / Brunettes / Redheads** have the most hair.
- 2 The average adult heart is about the size of **one / two / three** fists. The main artery from the heart, the aorta, is about the diameter of a **drinking straw / ballpoint pen / garden hose**.
- 3 Nerve impulses to and from the brain travel as fast as **100 / 150 / 250** miles per hour. Humans use **10% / 50% / 100%** of their brains in a normal day.
- 4 The three most common reasons for visits to the doctor are: **headaches / skin problems / a sore throat / joint problems / back problems / flu / stomach problems**.
- 5 Fingernails grow **slower than / slightly faster than / twice as fast as** toenails. The fastest growing nail is on the **index / middle / little** finger.
- 6 Most people blink around **10 / 15 / 25** times a minute, but that reduces by a half when staring at a computer screen. Babies blink only **twice / four times / six times** a minute.
- 7 Children have **twice / three times / four times** as many taste buds as adults. By the age of 60, most people will have lost about a **quarter / half / three quarters** of their taste buds.
- 8 Babies are born with **20% / 30% / 50%** more bones than adults. As adults, we are about **1 / 2 / 3** cm taller in the morning than in the evening.

