

# Did You Know?

February is...  
**Wellness**  
—FOR ALL—  
**Month**



## 5 Friday Fun Facts!

- Chewing sugarless gum for a few minutes daily can stimulate your saliva production and help clean your teeth.
- If the human eye were a digital camera, it would have a whopping 576 megapixels!
- Muscle doesn't really weigh more than fat — it's just more dense.
- There are 45 miles of nerves in the skin of a human being.
- Your heart creates enough energy every day to drive a truck for 20 miles!



## 5 Friday Health Related Myths

### **Sugar Makes Kids Hyper**

*Studies show no direct link between sugar and hyperactivity. Often, the excitement of the occasion (like parties) causes energetic behavior.*

### **You Can “Sweat Out” a Cold or Fever**

*Sweating won't speed up recovery. Fevers are part of the immune response, but forcing yourself to sweat more doesn't kill viruses or bacteria.*

### **Carrots Dramatically Improve Your Eyesight**

*Carrots contain vitamin A, which supports eye health but won't give you superhuman night vision. This myth started as WWII propaganda.*

### **Microwaving Food Removes Nutrients**

*Microwaving often preserves more nutrients than boiling because it uses shorter cooking times with less water.*

### **Cracking Knuckles Causes Arthritis**

*The sound comes from joint gas bubbles, not bone damage. No studies show a direct link to arthritis.*