

Did You Know?

February is...
Wellness
—FOR ALL—
Month



5 Friday Fun Facts!

- Apples, not caffeine, are more efficient at waking you up in the morning.
- Every time you lick a stamp, you're consuming 1/10th of a calorie.
- 20% of all airline passengers catch a cold after a two-hour flight.
- A person can expect to breathe in about 45 pounds of dust over their lifetime.
- There are more than 300 million capillaries in your lungs — if stretched tip to tip, they would reach from Atlanta to Los Angeles.

5 Friday Health-Related Myths

- **Running Damages Your Knees**
Pounding the pavement seems to protect your joints. A large study found that runners were half as likely to develop knee osteoarthritis as non-runners.
- **Air Hand Dryers are More Hygienic than Paper Towels**
They may save trees, but air hand dryers in public restrooms don't remove germs as well as paper towels, according to research. Even worse, they may spread germs around.
- **Drinking Vinegar or Eating Garlic Helps Lower Your Blood Pressure**
They don't. Garlic can help fight bacteria and viruses. Vinegar can help prevent the accumulation of body fat. Proper diet and exercise are best for balancing blood pressure.
- **Sleeping with Wet Hair Causes Colds**
Despite what your mom said, it will not. Colds are infections caused by viruses.
- **Coffee Helps Sober You Up**
Coffee doesn't remove alcohol from your system. It partially reverses the sedating effect of alcohol, making you seem more alert, but you're still drunk and it won't get you sober faster.