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11 human body systems pdf

The human body is really amazing. Check out these amazing facts: 1. About 80-90% of what we perceive as taste actually depends on our sense of smell. 2. Your heart beats about 35 million times in a year. Over an average lifetime, the human heart will beat more than 2.5 billion times. 3. Your body has about 5.6 liters (6 liters) of blood. This 5.6 liters of blood circulates through the body three times every minute. In one day, the blood travels a total of 19,000 km (12,000 miles)- that's four times the distance across the United States from coast to coast. 4. The heart pumps about 1 million barrels of blood over an average lifetime – that's enough to fill more than 3 super tankers. 5. If all arteries, veins, and capillaries of the human circulatory system were added end to end, the total length would be 60,000 miles, or 100,000 km. It's almost two and a half times around the world! 6. Although its thickness averages just 2mm, your skin gets an eighth of all your blood supply. 7. The skull looks like it's a single bone. In fact, it consists of 22 separate bones, cemented together along rigid joints called sutures. 8. If a human adult's digestive tract was stretched out, it would be 6 to 9 m (20 to 30 ft) long. 9. Red blood cells can live for about four months circulating throughout the body, feeding the 60 trillion other body cells. Red blood cells make about 250,000 round trips of the body before returning to the bone marrow, where they were born, to die. 10. Human hair grows about 1/4 inch (about 6 millimeters) each month and is growing for up to 6 years. The hair then falls out and another grows in its place. 11. The average healthy mouth produces about 600 milliliters of saliva every day. That's enough to fill a 12-ounce soda bottle. 12. The fastest neurons carry messages along their axons at an amazing 130 meters per second (268 mph). Your body is pretty amazing. At any given point you have many biological processes going on – circulatory, digestive, brain & central nervous system and more. Learn about these body systems as well as the eye, ears, nose and throat. Ad Ad Being Body Positive isn't necessarily an easy thing to achieve – not when you're constantly reminded of all your flaws, and then learned exactly why you should hate them. But if you've made an effort to practice self-love more, chances are you've shown body positivity in small ways without even knowing it all day. It's not just about taking strong and vocal stands against fat shaming or body belittling. It's also about practicing self-love and self-acceptance in subtle, almost knee-jerk fashion. If you really start embodying the mantras of the movement, you will probably start expressing them naturally. Whether it means loving the reflection you see in the store window you make your commute down to work, eat a salad because you are in the mood for greens rather than in the mood for thigh gaps, or don't feel the need to cross your legs while wearing shorts, these are all amazing steps towards body positivity. And the cool thing is that they are small movements, and completely doable in everyday life. They may not feel like a big deal and will probably go unnoticed by those around you, but that just means you start accepting yourself and living your truth. And isn't that great news? To help pinpoint whether you're doing this or not, below are 45 small ways to tell you is body-scratching.1. You don't care about dare sensiment supvie ting ti ar sensidully while you look right and feel good, that's all that matters.2. You don't have any hostility towards the different than youYou have zero hatred for that perky, petite barre instructor of yours. Other than when she makes you plank for a full minute.3. Not fitting into a pair of pants means nothing to youother than that you have to ask the dressing room girl to get you a bigger size. (Thank you very much!) 4. You Don't Pad Your BraGranted sometimes a girl wants a bit of cleavage, but being OK with and enjoying your little tangerines is a good sign.5. You don't use the word Skinny as a complimententhusiastically, says Wow, you look so tall today, with your thumbs up would likely be met with strange, confused looks. Similarly, there is no need to go out of your way to praise people based on their weight and nothing else.6. You Don't Buy Into the Too Revealing HypeSheer shorts, short skirts, hot pants, and Bad-Sally from Grease-riding leggings: It's all fair game, all the time. You don't mind flaunting what you have.7. You look at a lingerie ad and feel nothingYou do not want to break out in a series of burpees, you do not cross your legs unpleasantly, you do nothing. You know the difference between unrealistic advertising and most women's bodies in the real world. For real.8. You can't help but smile when you catch a glimpse of yourself in the mirrorBonus points if you lick your finger and go tssss.9. You don't register when someone hates on your bodyIf they have a problem with your thighs, then it's on them, not you.10. You Don't Sweat That First Date Disrobement MomentInstead you can't wait to show off those pretty undies you had on reserve just for this.11. You don't mind seeing your body jiggle When you work outBecause, beast mode.12. You Don't Mind Getting Off The Treadmill Looking Like You Accidentally Spilled Your Bottle Of Water On YourselfYou didn't come here to play.13. You can't help but smack your butt when you catch a glimpse of yourself in your UndiesBecause curves, baby. They look good.14. You don't feel the need to cross your legs while sitting in shortsLet them pancake all they want.15. or pull down your shirt when your Tummy Roll Pops OutIt's not insulting anyone.16. You never, never deny yourself CupcakeYou are not bad. You just want the damn cupcake. It looks so cute.17. You eat salads because you want to, not because you have toYou have a healthy relationship with food, where you make a lunch full of greens because it sounds good, and not because it will guarantee you a certain pant size.18. You don't use weird phrases like Cheat Day And Naughty DayHow eating a cake pop — one thing the size of a quarter — is enough to make anyone think they've been unhealthy and horrible is just madness. Pure madness.19. You wear trends even if magazines say you can notAll girls can not pull off platforms? Short girls can not make maxis? Plus size ladies can't splash with crop tops? Look at me go.20. You don't freak out if you forget to shaveSo you have some armpit hair and you're about to throw it down on the dance floor. So what? Wave your hands in the air you don't care about.21. Swimsuit Shopping doesn't send you into a TailspinDid you don't understand why three-way reflects the stress women out either? I feel like it would be a great opportunity to get acquainted with yourself in the locker room.22. You don't buy into How to dress better for your body TipsBecause you think you look perfectly good in what you want. There's nothing you need to drape, cut or smooth, thank you very much.23. You X out of ways to dress slimmer articlesFor, ew. Also, for what?24. You think all bodies are good BodiesChubby, skinny, bony, curvy, short, tall, jiggly, toned — all that looks ah-mazing to you.25. You don't see the word Fat as a bad wordIt's like saying short or long. 26. You don't think some activities are off limits to YouYes, Tumblr makes it seem like yoga is just being performed by skinny, blonde haired girls in front of sunset beaches, but you've got a couple of Lululemons yourself and you should, dammit.27. You're The First One To Take Off Their Shirt At The BeachLast one in is a rotten egg!28. You Don't Do Vanity SizingYou has pairs of pants that go up and down four sizes and you're totally OK with that. As long as it's comfortable and feels good, that's all that matters.29. Working out is all about strength, not about Pant SizeIt feels good to bench 100 pounds because you are now a Viking warrior, not that you now fit into a smaller waist size.30. You don't let your friends call themselves fat in a negative wayThere are no half-hearted laughs coming from your end.31. Your New Year's resolution had nothing to do with losing WeightTravel anymore, yes. Get your own Netflix account to be considered an adult, yes. Become more spontaneous, yes. Lose 10 pounds? Not on your radar.32. You don't feel the need to change your hairHair when it's curly, frivolous, flat, tall, short, what have you got, you're cool with it. It's pretty, so need deal.33. A little nipple action doesn't bother YouYes, it's cold outside, and no you don't mind your nips telling the world hello.34. You're looking for Body Posi role modelsYour Instagram feed isn't just a series of thigh gaps —you've got women there promoting and encouraging a self-loving kind of lifestyle.35. You're OK With A Little NudityYou watch TV in your underwear, eat ramen in your bra, sleep in the buff – and feel 100 percent OK with the way your body folds, rumples and curves. Everything is comfortable.36. You don't take away a selfie because you look fatbecause one of your eyes is closed and you look stoned out of your mind, sure. Because you have a light double chin? Never.37. The word Flattering confuses youWhat does it even mean? If I feel warm in it, it's automatically flattering, no?38. You don't blame your body for your problemsSo you have a little curve in your thighs, or you don't have any curve at all. You don't think that's the reason you don't have a significant other or aren't happy in your current situation or (state what concerns you have right now). Losing weight does not solve problems. Roll up your sleeves do.39. You don't Judge Others on their appearanceIt doesn't matter if the person you're talking to is round, thin, hairy legs, wearing warm pants, sporting a chin strap, whatever. It's all cool. You don't see candy as rewards you have to pine fori word Emma Stone, eat the fucking cupcake. 41. You lose interest in SOs that make you feel bad about your body instead of changing your dress size, you should just change your bunkmate. It was fun, bye!42. You have no plans to buy Wrinkle CreamBecause you are no longer 16, so your face will do so. Moving on.43. You put on makeup because you love it, not because you need itMakeup is there because you love to play with it, not because you need to hide flaws. A smoky eye under AM has nothing to do with your confidence and everything to do with your creativity.44. Doing it with the lights on is definitely an optionYou understand the need to see all the haze up close and staff.45. No matter what you look like, you love yourselfFirst thing in the morning during a hangover, right after eating a whole takeout burrito, after spending a day doing hot yoga, coming back tanned and freckled from the beach — no matter what condition you're in, you love everything. Because it's you, and you're amazing. *Finger snaps* Whether you love the idea of bikini shopping, don't deny yourself that the other bit of cake, or don't feel the need to cross your legs while sitting in shorts — little moments like that prove you're body positive. So you go! Want more body positivity? Check out the video below, and be sure to subscribe to Bustle's YouTube page for more inspo! Photos: mariesouthardospina/Instagram; Andrew Zaeh / Bustle (1) (1)