

# Your Amazing Body

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You look in the mirror and can't stand the way your arms sag or your tummy sticks out. You can't stand your body and want to desperately change it. These are the physical aspects of your body but I challenge you to look deeper at what your body actually does. How hard your body works inside and out. Understanding all that your body can do, can give you the motivation to treat it right and push to make it stronger and healthier. We will look at a couple amazing feats that our body does regularly and how you can improve its efficiency.

Center of it all, the heart: Your heart works very hard! It beats about 100,000 times in one day. It takes a great amount of energy and force to squeeze all that blood throughout your body. Give a tennis ball a good, hard squeeze. You're using about the same amount of force your heart uses to pump blood out to the body. Even at rest, the muscles of the heart work hard—twice as hard as the leg muscles of a person sprinting. Your body has about 5.6 liters (6 quarts) of blood. These 5.6 liters of blood circulates through the body three times every minute<sup>i</sup>. Cardiovascular exercise is very important to heart health. When performing cardio (running, biking, swimming etc.), blood flow is directed toward working muscles and away from areas that aren't doing much (such as your arms during running, or the digestive tract). There is increased blood flow, and blood volume returning to the heart. So as your heart registers a larger blood flow, it adapts and enlarges. This larger cavity then can hold more blood and eject more blood per beat, even at rest; which over time, takes work off your heart and makes it more efficient<sup>ii</sup>.

The nervous system is essentially the body's electrical wiring. It is composed of nerves, which are bundles of fibers that start at the brain and central cord and branch out to every other part of the body. This system is a vital component of the body, which helps in sensing and movement. The smooth functioning of the five senses - touch, sight, taste, hearing and smell, is attributed to it. So next time you go to grab your cup of coffee or bring a spoon to your mouth, millions of neurons are firing from your brain down your spine through your arm to your fingertips and back again in a matter of milliseconds<sup>iii</sup> Without a fully functional nervous system, you can NOT conduct normal daily activities. Glucose is the main energy source for your body and particularly important for replenishing and maintaining energy for your brain. Carbohydrate-containing foods are your primary source of glucose, but for a healthy nervous system, choose nutritious carbohydrates. Whole grains including wheat bread or pasta, oatmeal, bran cereal, brown rice, rye and quinoa are glucose-supplying carbohydrates that fuel your brain<sup>iv</sup>.

We could go on and on, pages and pages about these two functions of the body. There are many more amazing features to our bodies. Keep an eye out for the

next newsletter; we will delve into the muscles and bones. So the next time you look in the mirror, imagine the deeper characteristics. Yes your body is *amazing* and can do incredible things. Why not strengthen it and treasure it as something to treat with special consideration. Try some cardio for your heart and whole grains for your mind! If you're not sure how to start or would like some help remodeling your body from the inside out, Nimkee offers FREE certified personal trainers and a registered Dietitian. Come chat with us and come to truly appreciate and LOVE your body!

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<sup>i</sup> [www.pbs.org](http://www.pbs.org)

<sup>ii</sup> [www.active.com](http://www.active.com)

<sup>iii</sup> [www.livescience.com](http://www.livescience.com)

<sup>iv</sup> [www.livestrong.com](http://www.livestrong.com)