

Muscle Fun Facts

- There are about 650 muscles in your body. Over 50 of these muscles are in your face alone. It takes 17 muscles to smile and over 40 muscles to frown.
- The strongest muscle in your body is the masseter, located on each side of your mouth. These muscles help you bite down with some 150 pounds of force.
- Some muscles in your body never get to rest. Your heart is a muscle that works all the time, contracting about 70 times a minute.
- Another constantly working muscle is the smooth muscle of your digestive tract. It takes between 12 and 15 hours to process a meal through the digestive system.
- Your most active muscles are those in your eyes. They move more than 100,000 times a day.
- Your heart is a hollow muscle about the same size as your fist. It beats about 3 billion times in the average person's lifetime.
- Each hair on your body comes equipped with a tiny muscle that can make it stand upright.
- Approximately 40% of the body is skeletal muscle and almost 10% is smooth and cardiac muscle.
- The largest muscle is the gluteus maximus and the smallest muscle is in the inner ear and is less than 0.01 inch long.