

STOMACH THIS



More than 50 pairs of muscles and many nerves work to receive food into the mouth, prepare it and move it to the stomach. That one bite is action packed!

HELP THOSE WHO NEED IT MOST GET
BACK *IN Motion*

Donate Now!



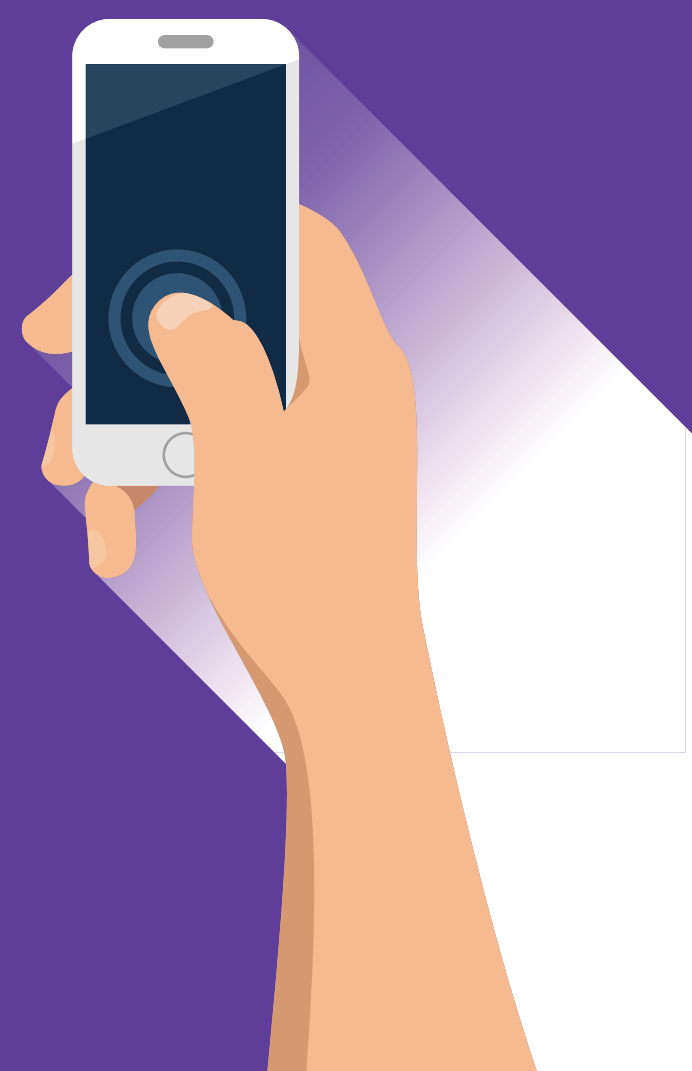
THINK WHEN YOU SQUAT ON THE POT



Getting up and down is more difficult than you think. More than 50 muscles in your body are required to help you push your tush.

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!





NO SMALL “FEET”

It takes approximately 200 muscles to take just one step forward.

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



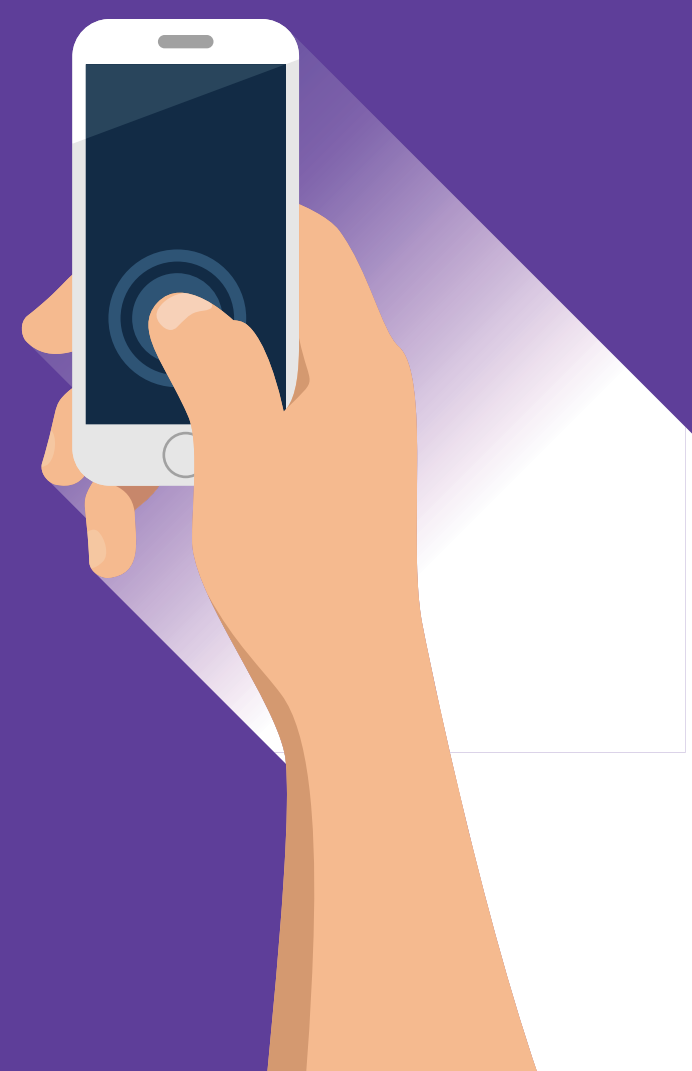
SAY WHAT?



It takes about 100 muscles to speak! To speak well, it's important to move, tense or relax the muscles in your face at the right time.

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



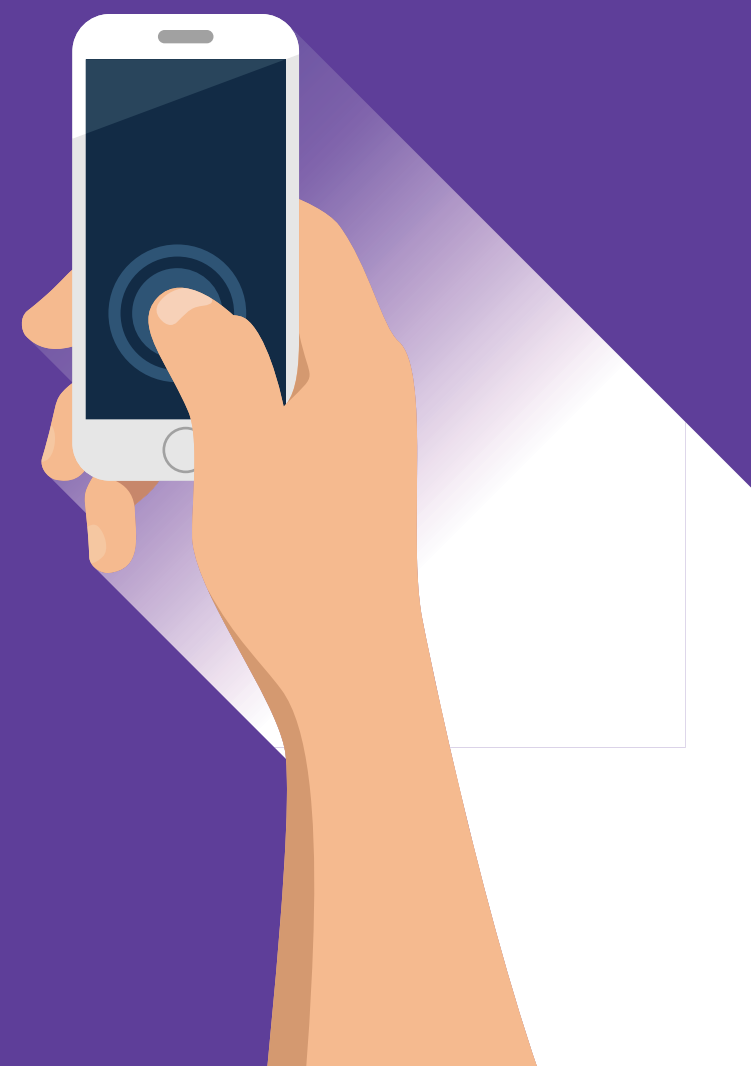


IF YOU LIKE IT, PUT A RING ON IT

There are no muscles in your fingers. Instead it's the muscles in your forearms that enable movement.

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



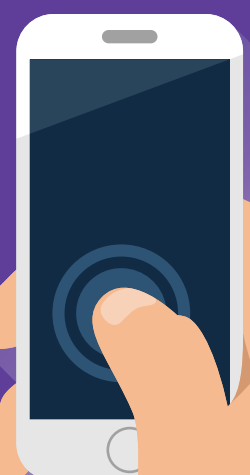
CHIN UP



It takes 17 muscles to cry.
Oh, and that lump in your
throat, that was caused by
the glottis muscle.

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



PUCKER UP

The number of muscles used depends on the kiss. A simple pucker takes only two muscles while a full French kiss requires all 34 muscles of the face.



HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!





LOOK BOTH WAYS!

Twenty-two muscles let you swivel your head to avoid oncoming traffic.

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



 **Lima Memorial**
FOUNDATION



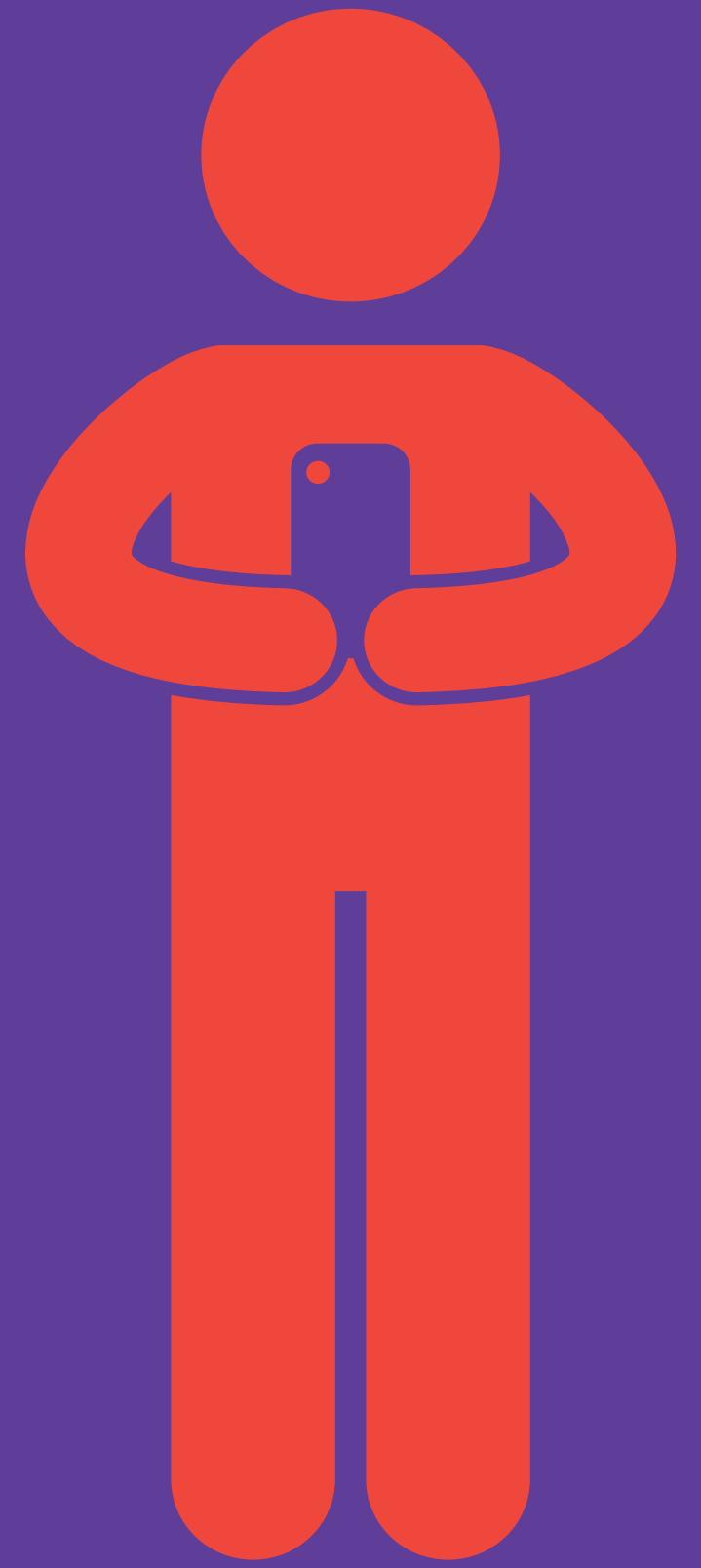
OH STOP IT!

34 lower arm and hand muscles help you squeeze the brakes to avert disaster while riding a bike.

**HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion***

Donate Now!





FLEX TEXT

It takes 38 muscles to text. Work out these muscles while bidding tonight.

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



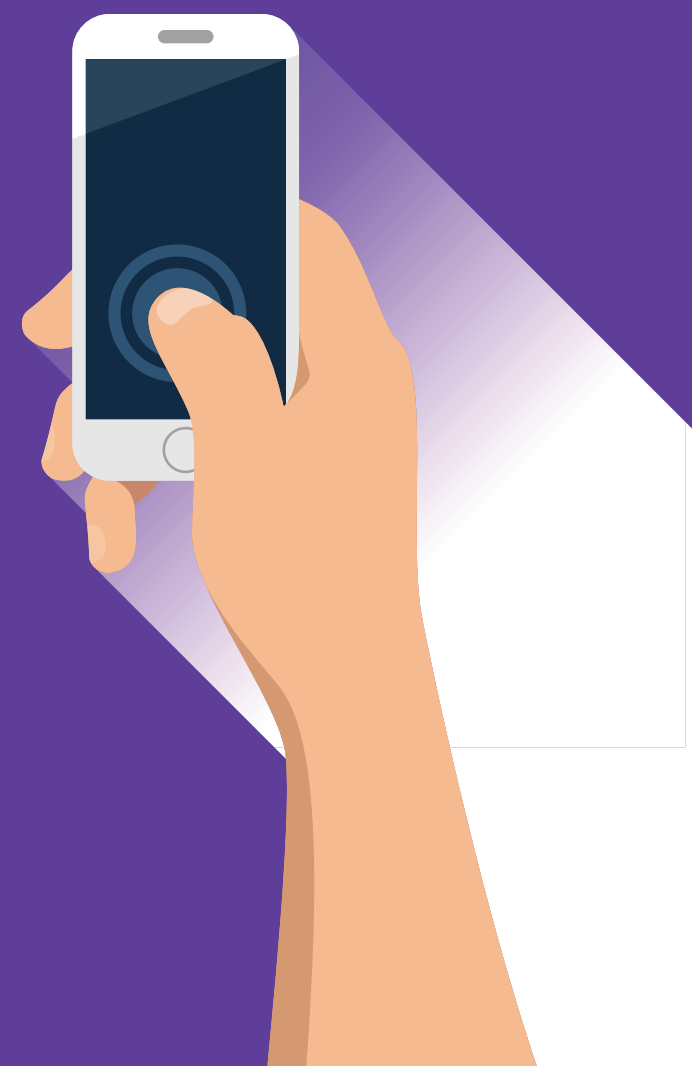


SHOW ME THE MOTION

The human body is made up of 657 muscles that get us moving.

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!





CLEAN UP ON AISLE 4

Did you know the average person spends 43 minutes grocery shopping during each trip? That's a lot of walking, bending, pushing and grabbing.

HELP THOSE WHO NEED IT MOST GET
BACK *IN Motion*

Donate Now!



 **Lima Memorial**
FOUNDATION

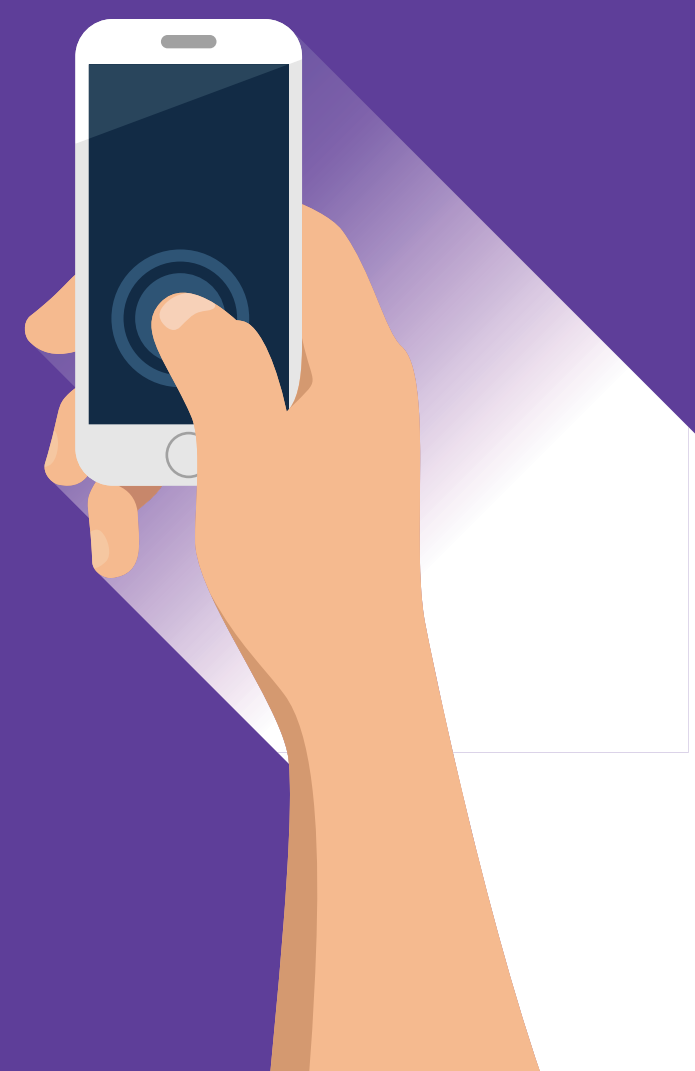


I DROVE ALL NIGHT

The average driver spends about one hour behind the wheel and travels 31.5 miles per day. Rehab patients will repeatedly practice getting in and out of a specially designed car to get on the road again.

HELP THOSE WHO NEED IT MOST GET
BACK *IN Motion*

Donate Now!



TIGHT QUARTERS



For rehab patients, learning to maneuver in small spaces is critical. Each year, 235,000 people visit emergency rooms because of injuries suffered in a bathroom.

HELP THOSE WHO NEED IT MOST GET
BACK *IN Motion*

Donate Now!



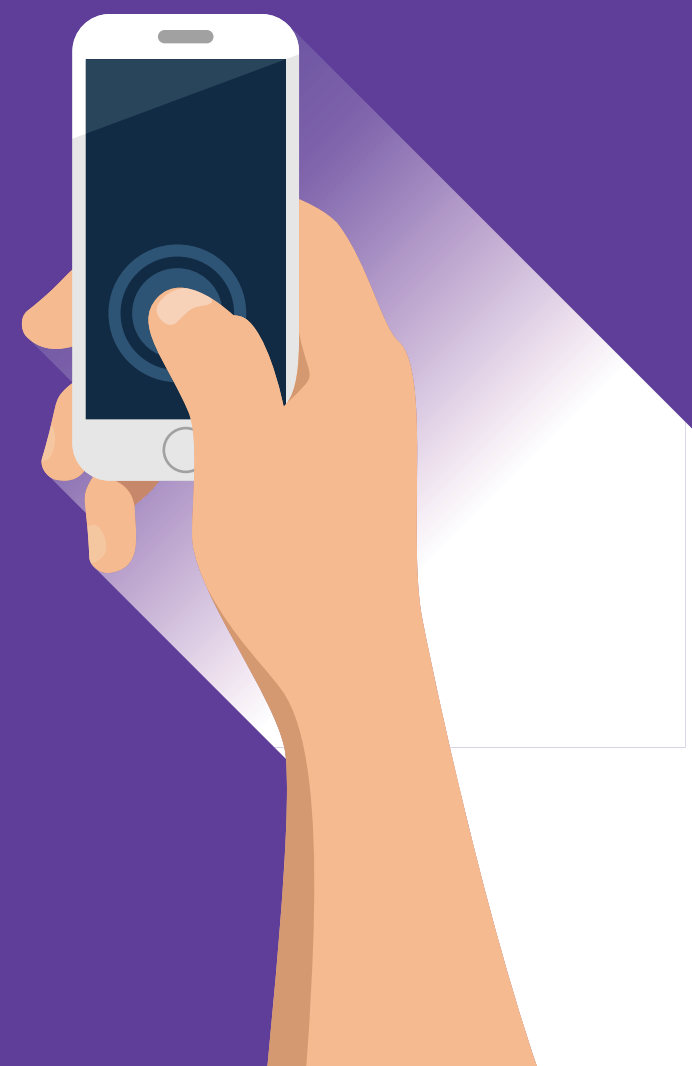
WASH, RINSE, REPEAT

Rehab patients will practice using a washer and dryer. Fortunately, they won't have to do as much laundry as the folks at Disney World - 16,000+ loads in a single day!



HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



HERE'S THE TEA

Did you know the average tea drinker makes and consumes 2-3 cups of tea per day? The effort required to relearn the necessary skills is no cup of tea.



HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



STEPPING IT UP



Whether they are small flights or big flights, learning to use the stairs again is a BIG part of rehabilitation. In fact, two-story houses contain a set of 14-16 steps, and that's not including the basement steps!

HELP THOSE WHO NEED IT MOST GET
BACK *IN Motion*

Donate Now!



POWER OF THE PEN



Some patients in rehabilitation have to relearn basic writing skills, including signing their own name. Think it's easy? Try signing your name with your less dominant hand.

HELP THOSE WHO NEED IT MOST GET
BACK *IN Motion*

Donate Now!



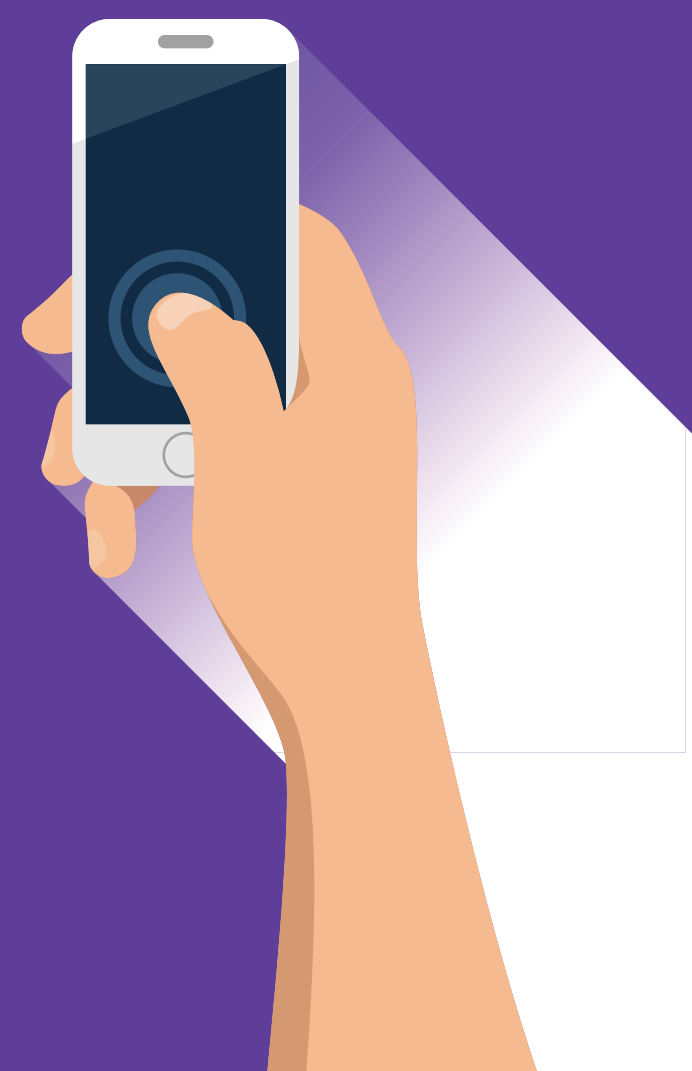


HELLO! HELLO!

Greeting family and friends with relearned speech is yet another triumph for many rehabilitation patients. How many times have you said hello this evening?

**HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion***

Donate Now!



 **Lima Memorial**
FOUNDATION

A HARD TRUTH TO SWALLOW



In rehabilitation, many will relearn how to swallow food, beverages and the body's regular accumulation of saliva. On average, we take 500-700 swallows a day!

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



THE LANGUAGE OF LOVE

Regaining speech is close to the heart for many patients going through rehabilitation.



Did you know that every time we say a positive phrase like, "I Love You," it can help strengthen brain health?

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



A RUG-GED FACT



For rehabilitation patients , maneuvering around their home with rugs can be a challenge and potential danger. How many of these hazards do you have in your home?

HELP THOSE WHO NEED IT MOST GET
BACK *IN Motion*

Donate Now!



GARBAGE TALK



Did you know that an average family of 5 can produce 4 bags of trash each week? That's 4 bags to lift, tie and haul into the garbage can on the side of the street!

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



ONE FOOT IN FRONT OF THE OTHER



Reach. Grab. Turn. Push.

These actions must be mastered to open a door. Depending on work and location, the average person could walk through hundreds of doors in one day!

HELP THOSE WHO NEED IT MOST GET
BACK *IN Motion*

Donate Now!



CHEW IT UP

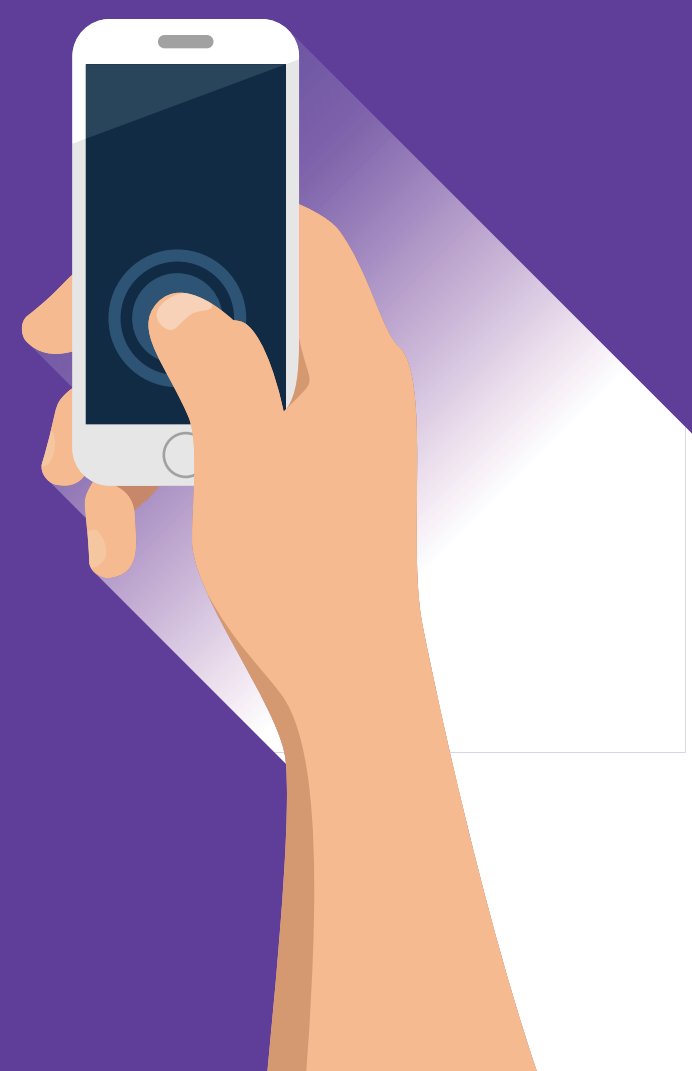
Did you know it takes about 32 chews to fully break down and prepare a piece of food for digestion?



Imagine having to relearn and practice this basic skill for your nutritional support.

HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



FOOD GLORIOUS FOOD

Preparing food is not only a culinary art, it becomes an essential task for independent living. For most, it takes about 37 minutes each day to cook. Preparing a feast for 800 guests, well that takes days!



HELP THOSE WHO NEED IT MOST GET
BACK IN *Motion*

Donate Now!



IN THE RIGHT FASHION



The average time to get dressed is 17 minutes for those with healthy limbs. For many rehabilitation patients, getting dressed is a full workout.

HELP THOSE WHO NEED IT MOST GET
BACK *IN Motion*

Donate Now!

