

Little Known Facts About The Feet

- Oh, my aching feet! By the time it's all said and done, you (the average person) will have walked more than 250,000 miles, or the distance from Earth to the moon.
- You've got thick skin! The skin on your feet is 20 times thicker than on any other part of your body.
- Awkward stage: By the age of 12, a child's foot is about 90 percent of its adult length.
- Got a clipper? Toenails grow fastest in hot weather, in pregnancy and during the teen years. Men's toenails tend to grow faster than women's, on average.
- Your shoe's on the wrong foot! The ancient Romans were the first to construct individual left and right shoes; before that all shoes could be worn on either foot.
- Two sizes too big: The foot gets two sizes longer when you stand up.
- The leader of the pack: The second toe is the longest for two out of every 10 people.
- Sweaty feet: Each foot produces on average a cup of perspiration per day. You think that's crazy? It's at least one pint when you exercise!
- Is it a match? It is rare for both feet to be exactly the same. Often, one foot is larger than the other.
- No room for the weak! The body's strongest tendon is named after Achilles, the greatest Greek warrior hero.
- Southpaws: Left-handed people tend to put their left foot forward when they walk.
- Big foot: The world's largest man, Robert Wadlow, stood 8'11" and wore a size 37 shoe, the world's largest shoe size.
- By the numbers: There are 26 bones in each foot; more than a quarter of all our bones are in the feet. There are 33 joints in each foot and more than 100 ligaments! Twenty separate muscles work to operate the joints of your feet. The foot is home to more nerve endings per square centimeter than any other part of the body.

