



WELCOME WELLNESS

<p> Sun </p>	<p> Mon </p>	<p> Tue </p>	<p> Wed </p>	<p> Thu </p>	<p> Fri </p>	<p> Sat </p>
<p>1 Sometimes your joy is the source of your <b>smile</b>, but sometimes your smile can be the source of your joy. <i>Thich Nhat Hanh</i></p> <p></p>	<p>2 When you <b>smile</b>, immune function improves possibly because you are more relaxed. Prevent the flu and colds by <b>smiling</b>.</p>	<p>3 Your body immediately releases endorphins when you <b>smile</b>, even when you force it. This sudden change in mood will help you feel better and release stress.</p> <p></p>	<p>4 <b>Smiles</b> make a person seem more attractive, sociable and confident, and people who <b>smile</b> more are more likely to get a promotion.</p> <p></p>	<p>5 The U.S. Postal Service unveiled the first <b>smiley</b> face postage stamp in Worcester on WSD (World <b>Smile</b> Day) 1999.</p>	<p>6 The average woman <b>smiles</b> approximately 62 times a day. In that same day, a man only flashes his pearly whites a mere eight times</p> <p></p>	<p>7 Harvey Ball was the artist who in 1963 created that international symbol of goodwill, the <b>smiley</b> face</p> <p></p>
<p>8 Forcing yourself to <b>smile</b> can boost your mood: Psychologists have found that even if you're in bad mood, you can instantly lift your spirits by forcing yourself to <b>smile</b>.</p>	<p>9 Research shows that the simple act of turning your mouth up, whether authentic or not, can help release endorphins, feel-good hormones</p> <p></p>	<p>10 While handshakes, hugs, and bows all have varying meanings across cultures, <b>smiling</b> is known around the world and in all cultures as a sign of happiness and acceptance.</p>	<p>11 Most doctors believe that real <b>smiles</b> occur when babies are awake at the age of four-to-six weeks, but babies start <b>smiling</b> in their sleep as soon as they're born.</p>	<p>12 <b>Smiling</b> really can improve your physical health, too. Your body is more relaxed when you <b>smile</b>, which contributes to good health and a stronger immune system.</p> <p></p>	<p>13 While we <b>smile</b> less at work than we do at home, 30% of subjects in a research study <b>smiled</b> five to 20 times a day, and 28% <b>smiled</b> over 20 times per day at the office.</p> <p></p>	<p>14 A research study conducted by Orbit Complete discovered that 69% of people find women more attractive when they <b>smile</b> than when they are wearing makeup</p> <p></p>
<p>15 If you <b>smile</b> you can change yourself, others and your future. <i>Japanese proverb</i></p>	<p>16 The very first World <b>Smile</b> Day took place in Worcester, MA on October 1, 1999.</p> <p></p>	<p>17 People who grin consistently are more likely to have healthy marriages</p> <p></p>	<p>18 Scientists believe that all babies are born with the ability, since even blind babies <b>smile</b>.</p>	<p>19 <b>Smiling</b> makes you feel better due to release of serotonin</p> <p></p>	<p>20 Women <b>smile</b> more than men. (Could that be why they live longer?)</p> <p></p>	<p>21 Wal-Mart uses the <b>smiley</b> face on staff uniforms and promotional signs.</p> <p></p>
<p>22 When you <b>smile</b>, there is a measurable reduction in your blood pressure</p> <p></p>	<p>23 In terms of exercise, you can get the same benefits from laughing 100 times a day, as you can from 10 minutes of rowing.</p>	<p>24 One thing that separates us from animals may be our ability to accessorize, but it's also our capacity to <b>smile</b></p>	<p>25 Cut down on those sick days by plastering a big, cheesy grin on your face</p> <p></p>	<p>26 Children laugh about 400 times a day while adults in average laugh only 15 times!</p> <p></p>	<p>27 Just <b>smiling</b> can require your body to use up to 53 muscles, but some smiles only use 5 muscle movements.</p> <p></p>	<p>28 Let us always meet each other with <b>smile</b>, for the smile is the beginning of love <i>Mother Teresa</i></p>
<p>29 Scientists have discovered that your body has to work harder and use more muscles to frown than it does to <b>smile</b></p> <p></p>	<p>30 People can recognize <b>smiles</b> from up to 300 feet away, making it the most easily recognizable facial expression.</p>	<p>31 The Harvey Ball World <b>Smile</b> Foundation was established in 2001 to honor the name and memory of Harvey Ball</p> <p></p>	<p></p> <p>Smile</p>	<p></p> <p>Smile</p>	<p></p> <p>Smile</p>	<p></p> <p>Smile</p>