



No Kidding...I didn't know that!

I feel every day is a gift and full of amazing “things”. As such, I am accumulating interesting factoids that I want to share with you. There is no real purpose for doing this.....it's just fun and you will now have some amazing ideas to share at your next party; with your team; or with your family over dinner. Enjoy as these things are amazing to me as well.

Coach Ron

➡ **Hidden employee fraud filches 7% of a company's revenue every year!**

Association of Certified Fraud Examiners 2009

➡ **More clunkers on the road.** The median age of cars increased 0.2 years in 2008 to a record 9.4 years. *USA TODAY Snapshots February, 2009*

➡ **The Numbers to Watch:** Total cholesterol—under 200 mg/dl; LDL—under 100 mg/dl; HDL—above 50 mg/dl for women and above 40 mg/dl for men; Triglycerides—under 150 mg/dl; Fasting blood sugar—under 100 mg/dl; Blood Pressure—no higher than 120/80; BMI—no higher than 25. *Readers Digest February, 2009*

➡ **Small businesses comprise more than 99% of all businesses in the U.S.**

U.S. Small Business Administration

➡ **63% of high school seniors have had intercourse; 88% of teens say talking with parents helps delay sex.** Perhaps there is a message here? *Readers Digest March, 2008*

➡ **It takes twice as much energy to be negative than to be positive.** That's why, at the end of the argument, you may be tired. *Jeffrey Gitomer, Little Gold Book of YES Attitude*

➡ **Our eyes are always the same size from birth, yet our nose and ears never stop growing:** When you are old you quickly discover this. *Dr. Ron*

➡ **Hair loss may be tied to teeth:** Alopecia according to researchers from the University of Granada in Spain may be linked to infections in teeth. *AGD Impact, February 2008*