

Communicating the Leader in You

❑ There are 18 different kinds of smiles. The most revealing is the smile of enjoyment.

❑ It takes 13 muscles to smile and 50 to frown. 

❑ Your face is the billboard for your philosophy of life. 

❑ Laughter boosts the immune system by decreasing the level of cortisol, an immune suppressor in the body. 

❑ Hearty laughter speeds the heart rate, improves blood circulation, accelerates breathing, and increases oxygen consumption. 

❑ Laughing 100 x a day is equal to a 10 minute session of rowing. Why sweat when you can laugh.           x 10

Your
Smile



How many times
have you smiled
today?