

# Math and the Human Body

## Activity 1 - Golden Ratio and the Human Body

The Golden Rectangle is a unique and a very important shape in mathematics. The Golden Rectangle appears in nature and music, and is also often used in art and architecture. The Golden Rectangle is believed to be one of the most pleasing and beautiful shapes for the human eye to look at. The special property of the Golden Rectangle is that the ratio of its width to the height is approximately 1.618:



Did you know that the ratio of the length of your arm to the length from the elbow down to the end of the hand equals approximately the Golden Ratio?

### Try it!

- Measure your arm, starting from the shoulder down to the end of your hand. Let this length equal  $a$ .
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## Can you believe THIS is math?

