

# HEART FACTS

Beats around  
**100,000** times  
each day

**Has its own  
electrical  
supply**

Makes a beating sound  
from its valves opening  
and closing



**Strongest  
muscle in the  
body**

Pumps up to **7,500L**  
of blood each day  
through over  
**95,000km** of blood  
vessels

**Kept healthy by  
nutritious food,  
exercise and laughter**

# The Heart Facts What You Can Do To Keep A Healthy Heart

**Wenbin Ji**



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