

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

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