

# 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

**Michael Brown**



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

Embark on a breathtaking journey through nature and adventure with Crafted by is mesmerizing ebook, Witness the Wonders in **The Heart Facts What You Can Do To Keep A Healthy Heart** . This immersive experience, available for download in a PDF format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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