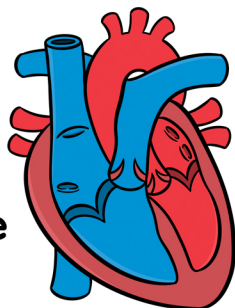


Your heart beats about 100,000 times a day.

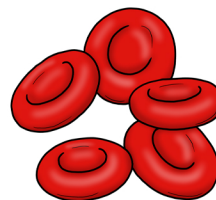
Your heart weighs about 5 pounds.



Your heart is about the size of your fist.

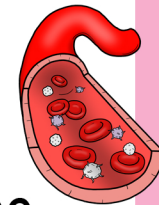
Sneezing does not stop your heart or make it "skip a beat."

Hiccups are caused by your heart.



Laughing can actually be good for your heart health.

Babies are born with only two heart chambers.



Your heart started beating about three weeks after conception.

Your heart was one of the first organs to form.

Your heart beats about 2.5 billion times over your lifetime.

Your heart pumps enough blood in a day to fill a small swimming pool.



Your heart takes a short break every night while you sleep.

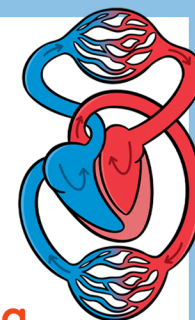
Arteries carry blood away from your heart.

If you cut yourself, the blood that comes out would sometimes be blue.



Your heart has four valves that keep blood flowing the right direction.

Your heart beats at exactly the same speed all day, no matter what you're doing.



The aorta is the largest artery in your body.

Your ribs help protect your heart.