

10 FUN FACTS ABOUT YOUR HEART

It keeps your body humming all day long. Did you know these facts about your amazing heart?



GIVE IT A HAND

Your heart is a muscle just a bit larger than the size of your fist and weighs about the same as a can of soda.



MOVE IT

The biggest key to heart health is regular exercise. Just 10 minutes a day of brisk walking cuts your risk of heart disease in half. And it's free!



WOMEN ARE FASTER

The average woman's heart is faster than a man's by eight beats per minute.



KICK THE HABIT

Quit smoking, and you'll reduce your risk of heart attack by 50 percent after one year.



PUMP IT UP

In an average lifetime, your heart pumps 31.5 million gallons of blood. That's the amount of water that goes over Niagara Falls in 3.5 minutes.



THE BEAT GOES ON

Your heart runs on electrical impulses and will continue to beat even when separated from the body, as long as it has a source of oxygen.



A NATURAL MACHINE

Just like a machine, your heart has moving parts that work together to perform a function — the right side pumps blood into your lungs while the left side pumps blood back into your body.



YOU'VE GOT THE BEAT

The average heart beats approximately 100,000 times every 24 hours. That's 36.5 million beats in one year!



CENTER STAGE

Despite what many people believe, your heart actually sits in the center of your chest, with just a slight tilt to the left.



YOU CAN DO IT

Your amazing heart is in your hands. Heart disease is the greatest health threat, but by following a proper diet, getting regular exercise and managing your stress level, you can help it keep the beat!

Where you take your heart matters. Leading cardiac care is close by. Visit healthquest.org/hearthealth to take our Heart Health Evaluator and view our 2017 Cardiac Report.

VASSAR BROTHERS
MEDICAL CENTER
HEALTHQUEST