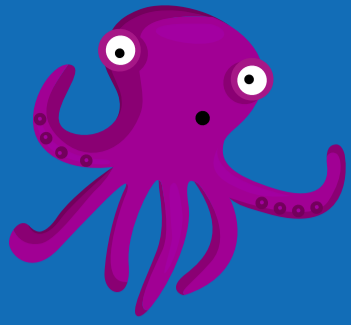


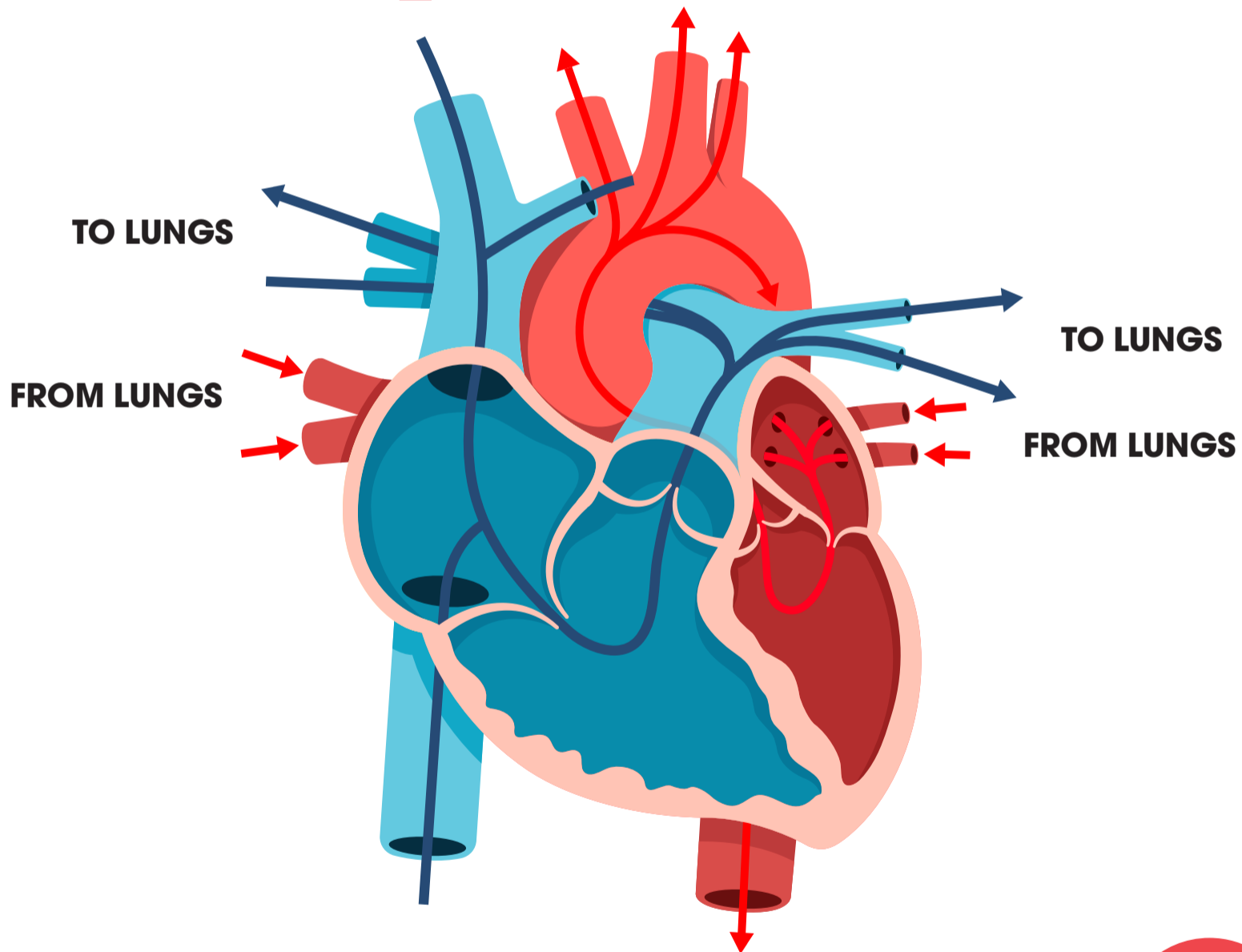
JUMP ROPE *for* HEART

Heart Facts

- ♥ An octopus has **3 hearts!**
- ♥ Your heart beats over **100,000 times a day**
- ♥ The largest heart of any living creature belongs to the **Blue whale**



Love your Heart



Did you know, your heart:

- ✓ Is a muscle that acts like a pump.
- ✓ Has two sides – left and right.
- ✓ Pumps blood from the right side to the lungs.
- ✓ Pumps blood from the left side to the rest of the body.

