Love your 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

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.

www.jumprope.org.au