

DID YOU KNOW?



American
Heart
Association®



Blood makes up
7-8% of the
body's weight.



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Your heart weighs
about as much as a
sneaker.



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If you could stretch your blood vessels end-to-end, they would reach around the world 4 times.



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Your heart beats about
100,000 times in one day
and about 35 million
times in one year.



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If obesity among kids continues to increase, many believe this current generation of young people will become the first in American history to live shorter lives than their parents.



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About 24 million children and adolescents in the U.S. (age 2-19) are considered obese, or overweight; that's nearly one in three American children.



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Overweight adolescents have a 70 percent chance of becoming overweight adults. This increases to 80 percent if one or both parents are overweight or obese.



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Someone has a heart
attack every 25 seconds
and dies of one every
minute.



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A glass of whole milk has 8 grams of saturated fat while a glass of skim milk has less than 1 gram of fat.



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CPR was developed by
research funded from the
American Heart
Association.



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Jumping rope, brisk walking, bike riding and swimming are all aerobic exercises that are good for your heart.



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Smoking is the most
preventable cause of
heart disease.



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Smoking increases the tendency of the blood to clot, which can result in a stroke.



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A 12 ounce cola
contains about 8
teaspoons of sugar.



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DID YOU KNOW?



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Studies show kids eat twice as many calories when they dine out than they do when eating at home.



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Most heart attacks
occur between the
hours of 8 and 9 AM.



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A can of cola has 35g of sugar. Water has 0g.



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1,200 people die EACH
day due to smoking.



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DID YOU KNOW?



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The human body has
more than 650 muscles.



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There are 4,000 dangerous substances in tobacco that are bad for your heart, arteries, veins and lungs.



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Cigarettes contain acetone
(the main ingredient in nail
polish remover).



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Laughter increases your blood flow, which is good for your heart and may reduce stress.



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Breakfast fills your “empty tank” to get you going after a long night without food. Eating a good breakfast can help you do better in school.



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You burn more calories
sleeping than watching
TV.



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DID YOU KNOW?



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Carrots can help you see in the dark! They are high in Vitamin A, which is known to prevent “night blindness.”



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The heart has four parts inside. These parts are like the rooms in a house. The blood moves from one room to the next.



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It takes less than 60
seconds to pump blood
to every cell in your
body.



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In the average lifetime,
the heart beats 2.5
billion times.



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A kid's heart is about the same size as his or her fist, or approximately the size of a pear.



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The heart “beat” is when the heart expands and contracts like an octopus’ movement in the ocean.



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Fish have TWO-
chambered hearts, frogs
have THREE and
humans have FOUR.



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The heart of a blue whale is as big as a car.



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Capillaries are tiny blood vessels as thin as or thinner than the hairs on your head.

