

A healthcare professional with dark hair in braids, wearing teal scrubs and a white long-sleeved shirt, is smiling and using a stethoscope to listen to the chest of an elderly woman with short grey hair. The woman is also smiling. The background is a bright, out-of-focus indoor setting.

Exercise Your Most
IMPORTANT MUSCLE

2,000

gallons of blood pump
through your heart daily.

115,000

is the number of times your
heart beats each day.

79%

of Americans say they have
suffered a broken heart.

GO LIVE
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