

Name \_\_\_\_\_

## The Heart: The Pump That Powers Your Body

### Open-Ended Response Answer Key

1. An interesting fact about the heart's endurance is that it beats approximately 100,000 times a day, pumping about 2,000 gallons of blood. Over a lifetime, this amounts to billions of heartbeats, highlighting its incredible stamina.
2. Maintaining a healthy heart is crucial for overall well-being. Regular physical activity, a balanced diet, stress management, and avoiding smoking can significantly contribute to heart health. Regular check-ups with healthcare professionals also play a vital role in early detection and prevention of heart-related issues.

