

**BET**  
ON YOUR

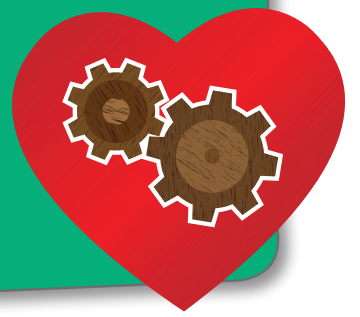
# HEART

A good **BELLY LAUGH** can send 20 percent more blood through your body and relax the walls of your blood vessels.



  
**SLEEPING** on your **LEFT SIDE** or on your **STOMACH** actually puts stress on your heart that can **TAKE YEARS OFF YOUR LIFE.**

Your **HEART** is the **hardest** working organ in your body.



  
**HEART CANCER** is **RARE** because heart cells stop dividing early in life.

**O<sub>2</sub>**  
Oxygen

With an adequate supply of **OXYGEN**, your heart would continue to **beat** if **separated** from your body because it carries its own electrical impulse.

An active **love life** can reduce your risk of dying from heart disease by as much as **50%.**

