Did you know that an adult human heart beats over 100,000 times a day? How many times would it beat in a year?
The average time it takes a single red blood cell to leave and return to the heart is 30 seconds.

**Heart Anatomy Key:**
- **Aorta** 1
- **Anterior Vena Cava** 2
- **Posterior Vena Cava** 3
- **Right Atrium** 4
- **Left Atrium** 5
- **Pulmonary Artery** 6
- **Pulmonary Vein** 7
- **Right Ventricle** 8
- **Left Ventricle** 9
- **Antrioventricular Valve** 10
- **Septum** 11
- **Semilunar Valve** 12