

The Heart.

Secured behind the ribcage is something that pumps and beats — something that without it, death would seek you and you would instantly fall to the floor. But what is this amazing body part? The heart. Beating approximately 100,000 times a whole day (24 hours), your heart results in incredible significance, pumping blood from head to toe. It runs through many of your veins, which work in harmony to keep you alive for an average of 70 years. How to keep the heart safe? How to live longer? Well, you are deciphering the right thing.

Diet.

Our diet plays a key role in ensuring and maintaining that we have a strong and healthy heart. Consuming a fair and balanced diet, also including a concoction of essential nutrients and many vitamins, needed for your cardiovascular health and strength. unsaturated fats, natural sugars, an appropriate number of calories and carbohydrates. Saturated fats such as fried foods and sugary snacks can negatively affect the heart, but it is okay if you would sometimes eat them.

Exercise.

Surprisingly, exercise has great effects towards the heart physically and mentally, where you can feel your