[1] Johns Hopkins Medicine. (2022). 5 Heart Facts That May Surprise You. Johns Hopkins Medicine. Retrieved January 31, 2023, from

https://www.hopkinsmedicine.org/health/wellness-and-prevention/5-heart-facts-that-may-surprise-you/

[2] Wells, D. (2017, July 7). 24 fun facts about the heart. Healthline. Retrieved January 31, 2023, from https://www.healthline.com/health/fun-facts-about-the-heart

[3] Magovern, C. (2012, February 14). 10 Things You May Not Know About Your Heart. ABC News. Retrieved January 31, 2023, from https://abcnews.go.com/blogs/health/2012/02/14/10-things-you-may-not-know-about-your-heart

[4] Milanowski, A. (2022, December 9). 28 Amazing Facts About Your Heart. Cleveland Clinic. Retrieved January 31, 2023, from <u>https://health.clevelandclinic.org/facts-about-the-heart/</u>

[5] NYDOH. (n.d.). Physical Inactivity and Cardiovascular Disease. Retrieved January 31, 2023, from

https://www.health.ny.gov/diseases/chronic/cvd.htm#:~:text=Physical%20inactivity%20is%20a% 20significant,blood%20pressure%2C%20and%20elevated%20cholesterol/

[6] Bullard, T., Ji, M., An, R. et al. A systematic review and meta-analysis of adherence to physical activity interventions among three chronic conditions: cancer, cardiovascular disease, and diabetes. BMC Public Health 19, 636 (2019). <u>https://doi.org/10.1186/s12889-019-6877-z</u>

[7] Phillips, D. P., Jarvinen, J. R., Abramson, I. S., & amp; amp; Phillips, R. R. (2004). Cardiac mortality is higher around Christmas and New Year's than at any other time. Circulation, 110(25), 3781–3788. <u>https://doi.org/10.1161/01.cir.0000151424.02045.f7</u>

[8] UnityPoint Health. (n.d.). Livewell. LiveWell with UnityPoint Health. Retrieved January 31, 2023, from

https://www.unitypoint.org/livewell/article.aspx?id=20b07ab0-e855-49c6-9ee2-91247e52d5cc%2

[9] Cleveland Clinic. (2022, May 5). What Color Is Your Blood? Cleveland Clinic Health Essentials. Retrieved January 31, 2023, from https://health.clevelandclinic.org/what-color-is-blood/

[10] The Texas Heart Institute. (2022, March 31). Heart Anatomy. The Texas Heart Institute. Retrieved January 31, 2023, from

https://www.texasheart.org/heart-health/heart-information-center/topics/heart-anatomy/#:~:text=l iters)%20of%20blood.-

,Your%20heart%20is%20located%20between%20your%20lungs%20in%20the%20middle,your %20heart%20like%20a%20sac /

[11] Loucks, E. B., Buka, S. L., Rogers, M. L., Liu, T., Kawachi, I., Kubzansky, L. D., Martin, L. T., &; Gilman, S. E. (2012). Education and coronary heart disease risk associations may be affected by early-life common prior causes: A propensity matching analysis. Annals of Epidemiology, 22(4), 221–232. <u>https://doi.org/10.1016/j.annepidem.2012.02.005</u>

[12] Johns Hopkins Medicine. (2023). Anatomy and Function of the Heart's Electrical System. Johns Hopkins Medicine. Retrieved January 31, 2023, from

https://www.hopkinsmedicine.org/health/conditions-and-diseases/anatomy-and-function-of-the-hearts-electrical-

system#:~:text=In%20the%20simplest%20terms%2C%20the,various%20chambers%20of%20t he%20heart/

[13] The Library of Congress. (2019, November 19). What is the strongest muscle in the human body? The Library of Congress. Retrieved January 31, 2023, from

https://www.loc.gov/everyday-mysteries/biology-and-human-anatomy/item/what-

is-the-strongest-musclhttps://www.hopkinsmedicine.org/health/conditions-and-diseases/anatom y-and-function-of-the-hearts-

electrical-system#:~:text=In%20the%20simplest%20terms%2C%20the,various%20chambers% 20of%20the%20heart/e-in-the- human-body/