

11 Fascinating Facts About the HUMAN HEART

1 WANT TO KNOW THE SIZE OF YOUR HEART?

Hold out your hand and make a fist.

ADULT

If you're an adult, it's about the same size as two fists.



KID

If you're a kid, your heart is about the same size as your fist.

2 YOUR HEART BEATS ABOUT 100,000 TIMES IN ONE DAY



In an average lifetime, the human heart will beat more than 2.5 billion times.

3



Your heart pumps about 1 million barrels of blood during an average lifetime – enough to fill more than 3 super tankers.



4



A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.



45 YEARS

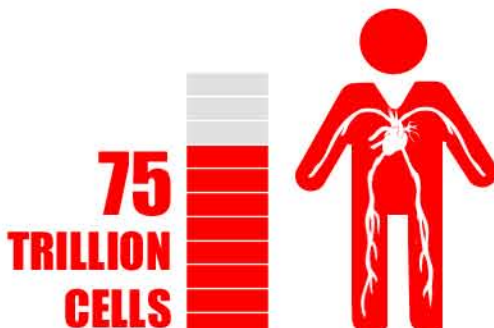
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Because the heart has its own electrical impulse, it can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.



6

The heart pumps blood to almost all of the body's 75 trillion cells. Only the corneas receive no blood supply.



7

The "thump-thump" of a heartbeat is the sound made by the four valves of the heart closing.

8

THE HEART DOES THE MOST PHYSICAL WORK OF ANY MUSCLE DURING A LIFETIME



WATTS

1 2 3 4 5

The power output of the heart ranges from 1-5 watts. While the quadriceps can produce 100 watts for a few minutes, an output of one watt for 80 years is equal to 2.5 gigajoules.

9

THE HEART BEGINS BEATING AT FOUR WEEKS AFTER CONCEPTION.

4 WEEKS



10

A WOMAN'S HEART TYPICALLY BEATS FASTER THAN A MAN'S

70x PER MINUTE



78x PER MINUTE

The heart of an average man beats approximately 70 times a minute, whereas the average woman has a heart rate of 78 beats per minute.

11

BLOOD IS ACTUALLY A TISSUE

When the body is at rest, it takes only six seconds for the blood to go from the heart to the lungs and back, only eight seconds for it to go the brain and back, and only 16 seconds for it to reach the toes and travel all the way back to the heart.



MAKE THAT HEART-HEALTHY CHOICE NOW!

Focus on eating a diet of whole, unprocessed foods from healthy, sustainable sources.



Exercise regularly, incorporating high-intensity, interval-type training like Peak Fitness.

Manage your stress through meditation, prayer, social support, and emotional psychology tools.



Optimize your vitamin D levels.



Get enough high-quality animal-based omega-3 fats.

