

- ▶ In one year, the human heart pumps more than 3 million quarts (roughly 2.8 million liters) of blood through 60,000 miles (roughly 96,000 km) of blood vessels.
- ▶ At rest, the heart's output of blood is equivalent to 1,400 gallons (nearly 5,300 liters) a day, or about 37 million gallons (roughly 140 million liters) over a 72-year lifetime.
- ▶ The heart pumps 6,300 gallons (nearly 24,000 liters) per day, almost 115 million gallons (435 million liters) in 50 years.
- ▶ The heart pumps blood through the body with a series of continuous contractions. This effort is measured as beats per minute (bpm). Assuming an average of about 70 bpm, the heart contracts about 100,000 times every 24 hours.
- ▶ Your body has about 6 quarts (5.7 liters) of blood. This 6 quarts of blood circulates through the body three times every minute. In one day, the blood travels a total of 60,000 miles (96,000 km)—that's four times the distance across the United States from coast to coast. And every second, 7 million new blood cells are produced.
- ▶ Heart rates vary tremendously among people. Resting heart rates can vary as much as 50 to 60 bpm between two people of the same height, weight, and age.
- ▶ Heart rates vary between genders because the female heart is smaller. Women's heart rates average about 5 to 7 bpm higher than men's.
- ▶ Your heart beats about 100,000 times in one day and about 35 million times in a year. During an average lifetime, the human heart will beat more than 2.5 billion times.
- ▶ The left ventricle is approximately five times more powerful than the right ventricle. The left ventricle is enlarged because it needs to pump blood to the entire body. The right ventricle pumps blood a short distance—to the lungs—to release carbon dioxide and transport oxygen to the heart.
- ▶ Most people think the heart is located just left of the center of the body. In fact, it's nearly in the center of the chest.
- ▶ The average heart weighs less than 1 pound (0.5 kg) yet manages to efficiently pump blood with incredible force. If you measured the power from your heart's 40 million beats per year, it would equal a force capable of lifting you 100 miles (roughly 161 km) above the earth.
- ▶ For someone of average fitness level, the volume and water pressure of a kitchen faucet at full blast falls short of what a heart working maximally can do.