

## **Fast Facts about the Heart**

A heart beats about 100,000 times a day and pumps about 7,200 liters (1,900 gallons) of blood.

An adult's body holds about five liters of blood.

If you stretched all your blood vessels out, it would be 96,000 km long. That's enough to go around the world nearly four times.

During an average lifetime (70 years), the human heart will beat more than 2.5 billion times.

Your heart is a muscular organ that acts like a pump to send blood throughout your body all the time.

Don't smoke. It can damage the heart and blood vessels.

Because the heart is a muscle with lots of blood supplied to it, it looks red like meat. In people who are overweight ... the heart looks yellow because it is covered with yellow fat.

When you're exercising, it takes your blood about ten seconds to get from your heart to your big toe and back.

Kid's heart has to push blood through about 60,000 miles (96,560 kilometers) of blood vessels—that's long enough to circle the Earth two and a half times!

Did you know heart disease is the number one killer of women over the age of 25 in America today?

More than half a million heart surgeries are done each year in the United States for a variety of heart problems.