TEN AMAZING HEART FACTS

You know your heart score and you know how to help get or keep your heart healthy. Now learn 10 amazing facts about the human heart.

1) The human heart beats 72 times a minute on average, for a total of 100,000 beats a day.  
   Source: Random History


3) Most people put their hand on the left side of their chest when pointing to their heart, but the heart is actually located in the center of the chest, not the left hand side.  Source: PBS

4) Your heart will do the most work of any muscle in a lifetime. Squeeze hard on a tennis ball. You are using the same amount of force the heart uses to pump blood. Even at rest, your heart works harder than the leg muscles of a person sprinting.  Source: PBS

5) Have you ever listened to a heartbeat? The noises you will hear are the sounds of the heart valves as they open and close.  Source: PBS

6) A healthy heart will pump 2,000 gallons of blood through 60,000 miles of blood vessel each day.  Source: Daniels, Patricia, et. al. 2007. *Body: The Complete Human*. Washington, D.C.: National Geographic Society. Random History

7) The largest artery in the body is the aorta and is about the diameter of a garden hose.  Source: PBS

8) At rest, it takes only 16 seconds for blood to go from the heart to the toes and then travel all the way back to the heart.  Source: Daniels, Patricia, et. al. 2007. *Body: The Complete Human*. Washington, D.C.: National Geographic Society. Random History

9) Laughter may really be the best medicine. A good, hard laugh can send 20% more blood through your body and relax your blood vessel walls.  Source: WebMD

10) You can thank Aristotle for the saying “heartfelt.” This originated from his philosophy that the heart collects sensory input from peripheral organs through the blood vessels. He believed it was from the heart and blood vessel perceptions that we formed emotions.  Source: Parramon’s Editorial Team. 2005. *Essential Atlas of Physiology*. Hauppauge, NY: Barron’s Educational Series, Inc. Random History