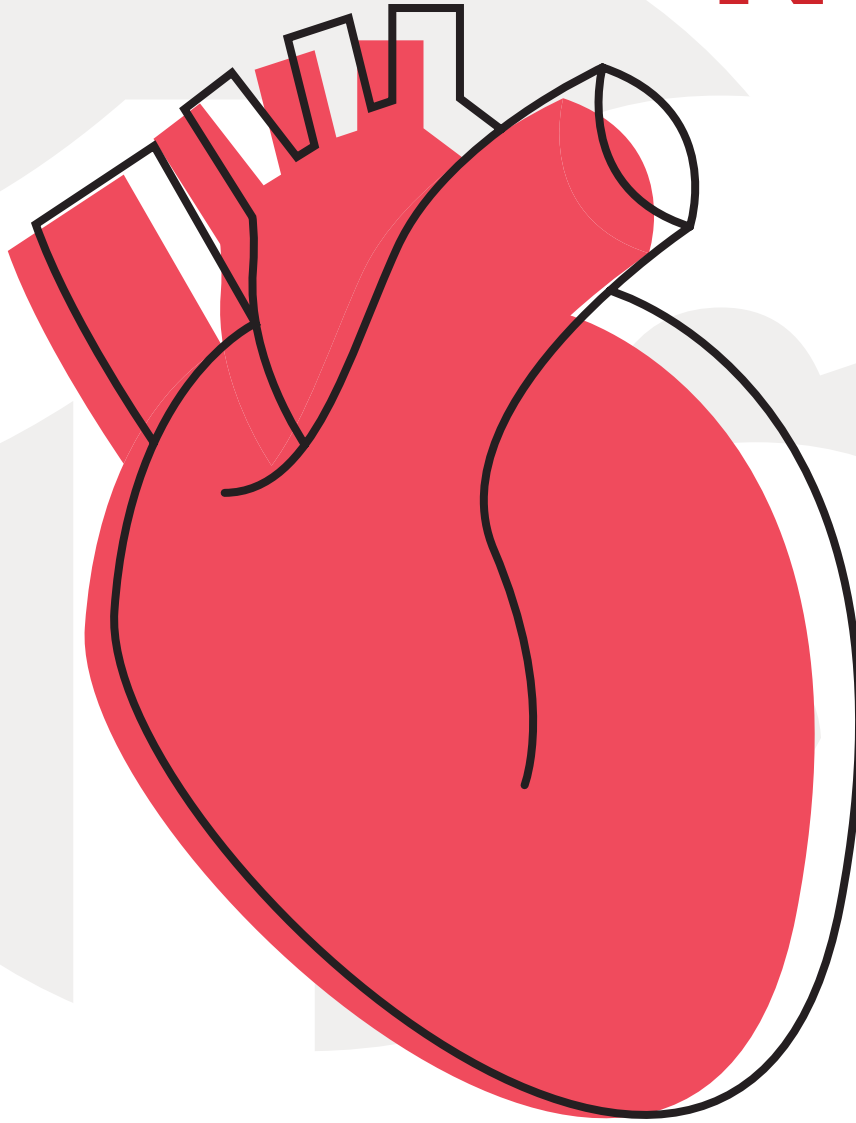




American
Heart
Association.

HEART FACTS

No. 16



A man's heart beats about 108,000 times per day. In an average American man's lifetime, that equals about 3 billion heartbeats!

No. 16

Directions:

Challenge students to determine about how many times a man's heart beats per hour (4,500) and per minute (75). Then challenge them to determine how many times it beats in a week (756,000) and a year (39,420,000).

For younger students, share how this number breaks down by hour and minute. Then challenge students to see if they can perform a task, such as patting their legs 75 times in one minute (the number of beats per minute).