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