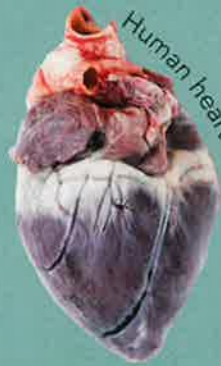


THE HEART BEATS ONE HUNDRED THOUSAND TIMES A DAY

The heart is one of the body's strongest muscles. It pumps blood to every part of our body making sure it receives the nutrients we need. The heart is the size of a fist and on average weighs around **300 g** – the weight of **six medium-sized eggs**.



THE HEART HAS FOUR CHAMBERS

The **top two chambers** are called the left atrium and right atrium. Atrium is Latin for 'entrance hall'. The **two lower chambers** are called the left ventricle and the right ventricle. Ventricle is Latin for 'little belly'. Each of the **four chambers** has a valve that makes sure the blood flows through them in **one direction**. The thumping sound of the heartbeat is the sound of the **four heart valves** closing.

The right side of the heart pumps blood to the lungs. The right atrium holds about **3.5 tablespoons** of blood.

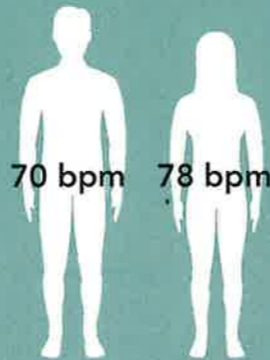
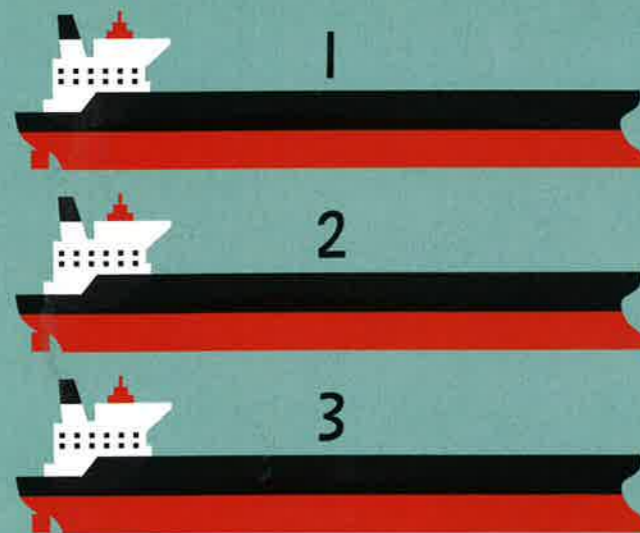
The left ventricle holds just over **four tablespoons** of blood.



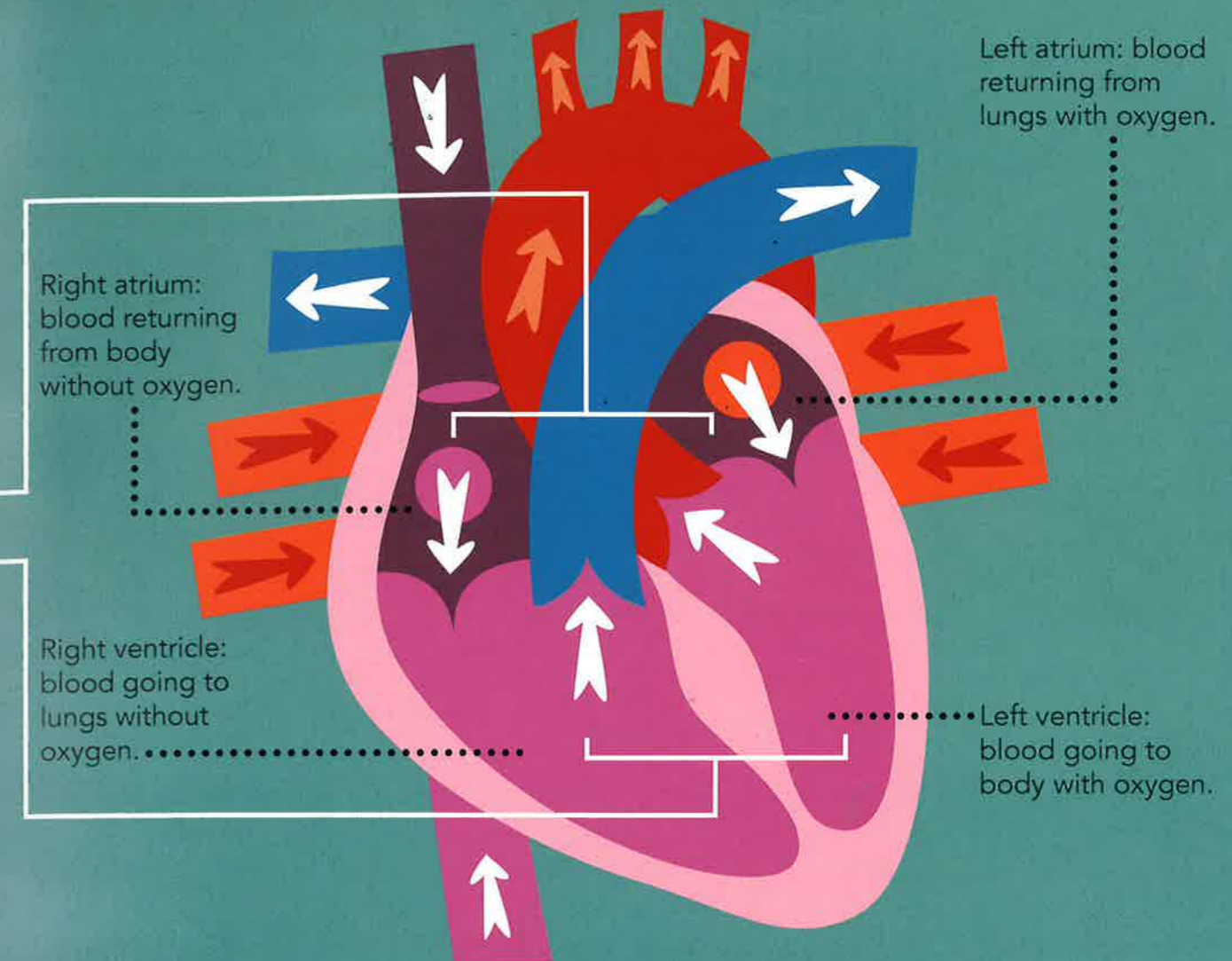
BLOOD CIRCULATION

The movement of blood is called circulation. The heart pumps over **7,000 l** of blood through **96,560 km** of blood vessels each day.

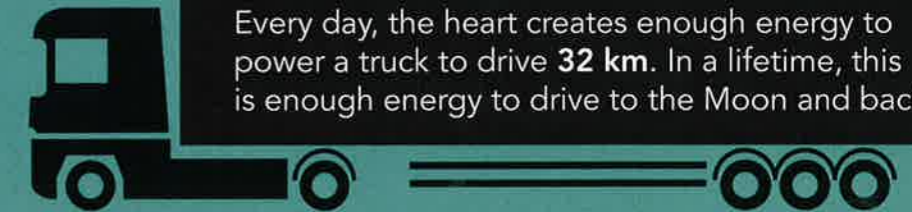
A newborn baby has about **one cup of blood** in circulation, but within a person's lifetime, the heart will have pumped enough blood to fill **three super tankers**.



bpm = beats per minute
The heart beats to pump blood. The average heart beats **60–80 times** per minute. A woman's heart, on average, beats faster than a man's.



On average the human heart beats about **100,000** times in one day. That's **36,500,000** times a year. Approximately **3,000,000,000** times during a lifetime.



Every day, the heart creates enough energy to power a truck to drive **32 km**. In a lifetime, this is enough energy to drive to the Moon and back.

COUNTING YOUR HEARTBEAT

You can feel your heart beating and pumping blood around your body at areas called pulse points. One is on the underside of your wrist. Place two fingertips gently here to feel a beat – your pulse.

Count the number of beats for **one minute**. If you have just been exercising you will notice that the beats are faster.

