EVERY LITTLE BEAT OF YOUR HEART

The **KEYS TO HEART HEALTH** start with knowing just how important and unique your heart is and how it works.

It's an amazing fist-sized muscle that beats about **70** times a minute, **100,000** times a day and about **2.5 BILLION** times during an average lifetime. It doesn’t matter what you’re doing physically or mentally, your heart is programmed to work automatically every second of every day. It NEVER rests!

It’s your heart's job to deliver blood to most organs that would die without it. There are **6** quarts of blood that circulate through your body **3** times every minute. In **1** day, your blood travels **12,000** miles or **4** times the distance across the U.S. coast to coast!

It takes a pretty strong muscle to accomplish this! How strong? If you give a tennis ball a good hard squeeze, you’re using about the same amount of force your heart uses to pump blood. Even at rest, the muscles of the heart work hard... **2** times as hard as the leg muscle of a person sprinting!

That’s why it’s important for you to key in on what you need to do to keep this powerhouse healthy!

---

**Heart Byte #1**

**Heart Byte #2**

---

![Heart Diagram](image)