

# THE HUMAN BODY

## WE GOT THE BEAT

Before each beat, your heart fills with blood. The muscle then contracts to squirt the blood along. An adult heart beats **60-80 times per minute**.

60 - 80

BEATS PER MINUTE

## RIGHT VS. LEFT

Right-handed people live, on average, **nine years longer** than left-handed people do. The majority of the machines and tools we use on a daily basis are designed for those who are right handed, resulting in thousands of accidents and deaths each year.

## MILES OF VESSELS

The human body has **60,000 miles of blood vessels**. The distance around the earth is about 25,000 miles, making the distance your blood vessels could travel if laid end to end more than 2x around the earth.



## WET FEET

Feet have **500,000 sweat glands** and can produce more than a pint of sweat a day.



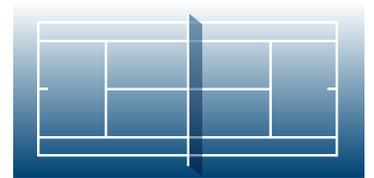
## BRAIN POWER

The brain operates on the same amount of power as a **10-watt light bulb** and generates as much energy as a small light bulb even when you're sleeping.



## BREATHE IN

The surface area of a human lung is equal to a **tennis court**.



The large amount of surface area makes it easier for the exchange of oxygen and carbon dioxide to take place, and makes sure you stay properly oxygenated at all times.

## "SMALL" INTESTINE

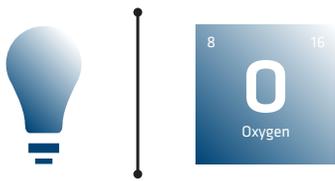
The largest internal organ is the small intestine. In fact, it's so long that it is actually **four times as long as the average adult is tall**.



# THE HEART

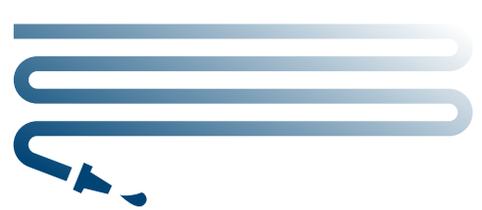
## ELECTRICALLY CHARGED

Because the heart has its own electrical impulse, it can continue to beat even when separated from the body, as long as it has an adequate supply of oxygen.



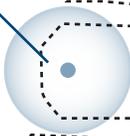
## HOSE VS. HAIR

The aorta, the largest artery in the body, is almost the diameter of a garden hose. Capillaries, on the other hand, are so small that it takes ten of them to equal the thickness of a human hair.



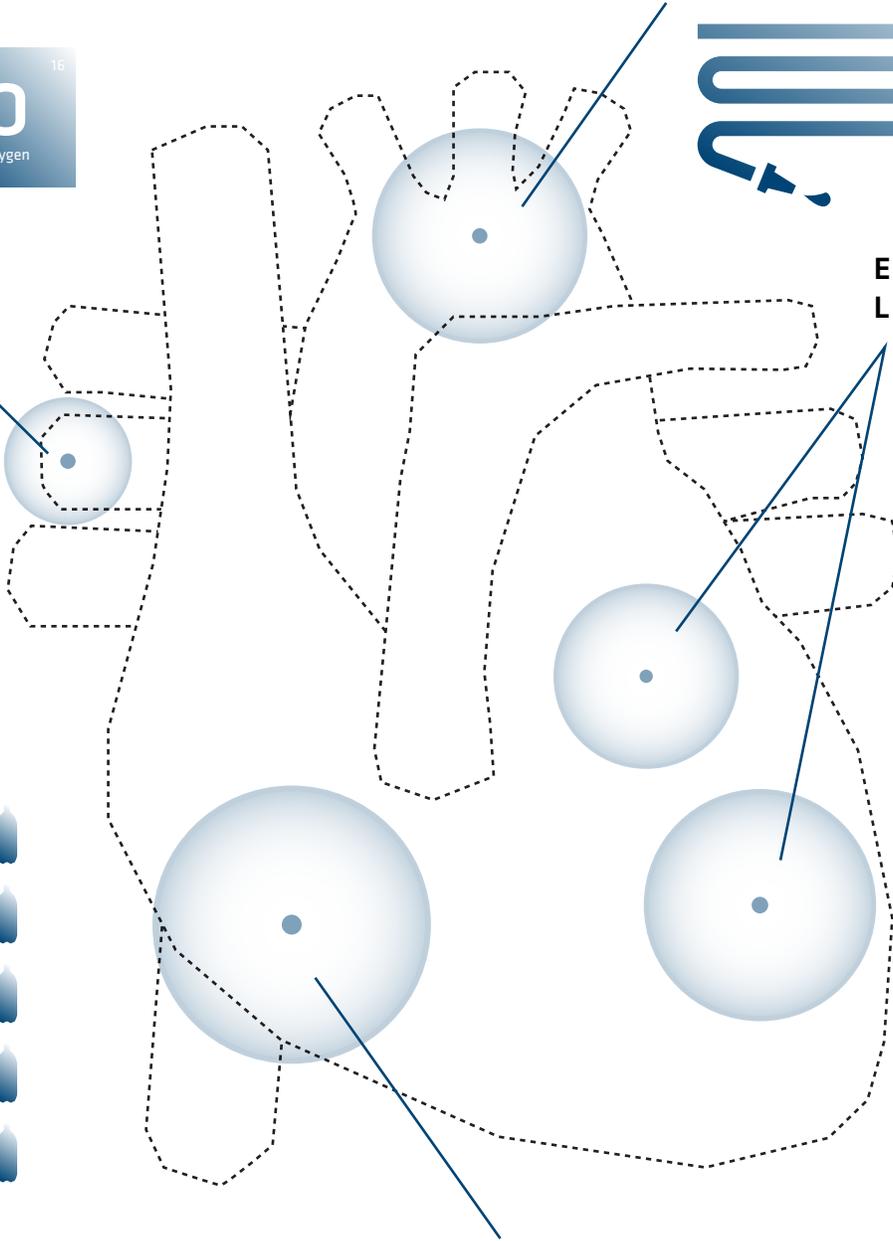
## PASS THE TISSUE

Blood is actually a tissue.



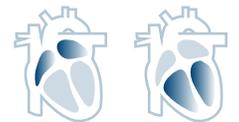
## HEART POWER

The volume of blood pumped by the heart can vary over a wide range, from five to 30 liters per minute.



## ENTRANCE HALL & LITTLE BELLY

"Atrium" is Latin for "entrance hall" and "ventricle" is Latin for "little belly."



## HEART SPRINTS

Even at rest, the muscles of the heart work hard—twice as hard as the leg muscles of a person sprinting.



## TRAVEL PRO

When the body is at rest, it takes only six seconds for the blood to go from the heart to the lungs and back, only eight seconds for it to go to the brain and back, and only 16 seconds for it to reach the toes and travel all the way back to the heart.

