

Heartifacts

NAME _____

Below are some facts about a most important machine: your heart!

- The heart weighs less than 1 pound, or about 0.5 kilogram.
- An adult's heart beats about 70 times a minute at rest.
- A child's heart beats about 100 times a minute at rest.
- The heart pumps 5 quarts, or 4.7 liters, of blood every minute.
- The heart does enough work in 1 hour to lift 1.4 metric tons more than 30 centimeters off the ground.

Use the facts to answer the following questions.

1. About how many times does your heart beat in a day? In a year?
2. The weight of the normal heart is about $\frac{1}{2}$ of 1 percent of a person's total weight. How much do you think your heart weighs?
3. Estimate the amount of blood your heart pumps in one day. How did you determine your estimate?
4. After strenuous exercise, the heart can beat as much as 2.5 times faster than when at rest. It is more likely to beat between 1.6 and 1.7 times its resting rate. Let's say you ran a 10-kilometer race in about 40 minutes. About how many times would your heart beat in one minute at the end of the race?
5. How hard does an active heart work in one day? Create, write, and solve a problem using the facts at the top of this activity sheet. Share your problem with a friend.