

A fit heart lasts longer!

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An untrained heart has to beat 70 times per minute to pump blood through the body. There are 100,800 beats per day and 36,792,000 per year. The heart of a trained person beats only 40 times per minute, 57,600 per day and 21,024,000 per year, which is much less work than the untrained body. And thanks to a higher lung volume, we optimize more oxygen in the body. This is a very important factor which helps us live longer because the body organs are less stressed and suffer less deterioration.