

Are You A Billionaire in Heart Beats or A Billionaire in Changes in Your Blood Pressure?

Everyone, 33 years or older is such a billionaire!

Note: 200 million heart beats could be reached in about 5 years, which is why you do not want body damaging high blood pressure for that time. Read about complications from high blood pressure over time by NIH ([click here](#)).

Table: Number of heart beats or how often your blood pressure changes from high to low for different amounts of time.

Beats/ Minute	Beats per Hour	per day	per month	per 1 year	in 5 years	in 10 years	in 20 years	in about 33 years	in 50 years	in 70 years
60	3600	86,000	2,600,000	31,500,000	157,500,000	315,000,000	630,000,000	1,000,000,000	1,575,000,000	2,210,000,000
61										
62										
63										
64										
65	3900	94,000	2,900,000	34,000,000	171,000,000	342,000,000	685,000,000		1,700,000,000	2,400,000,000
66										
67										
68										
68										
70	4200		3,000,000		185,000,000	369,000,000	738,000,000		1,800,000,000	2,600,000,000
71										
72										
73										
74										
75	4500		3,200,000	39,400,000	200,000,000	394,000,000	788,000,000		2,000,000,000	2,800,000,000
76										
77										
78										
79										
80	4800		3,456,000	42,100,000	210,000,000	421,000,000	842,000,000		2,100,000,000	2,900,000,000

*Average (rounded) beats per minute is for display purposes only. In reality the rate of heart beats changes throughout the day.