

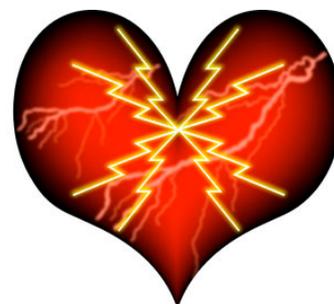


February 27, 2016 – Grand Rapids, MI

Your Heart and Tone

If you live to 80 years, your heart will beat an average of three billion times. That's right: billion with a b. Faster when you exercise, slower when you're at rest, it does its job 24 hours a day, seven days a week. What's even more amazing is how your heart rate is controlled by the nervous system. I've always found it fascinating and here's why.

The pacemaker of the heart we talked about on [Thursday](#) gets signals from nerves that tell it to slow down and nerves that tell it to speed up. One is inhibitory to slow it down while the other is stimulatory to speed it up, but they're both sending signals at the same time. The point where they balance is called tone and sets your resting heart rate. Start to exercise and more stimulatory impulses speed up your heart rate. Stop exercising and more inhibitory are sent until you reach your resting heart rate again. Exercise regularly and you can reset the balance at a lower rate by increasing the inhibitory and decreasing the stimulatory. You don't even have to think about it.



There are other mechanisms that control heart rate such as the fight-or-flight hormones but most of the time, the tone you set by your lifestyle is the heart rate you're going to have.

I hope you know more about your heart than you did before. For all the women in your life, order [Women's Heart Health](#) today; the price goes up tomorrow night. You'll learn a lot more about women and their hearts than you ever thought you would.

What are you prepared to do today?

Dr. Chet

WGUV FM 88.5/95.3 **npr** **Straight Talk on Health**

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