Fermi estimation

An article in the Canadian magazine Maclean's in March of 2002 asserted that

"The human heart expands and contracts roughly 100,000 times a day, pumping about 8,000 liters of blood. Over a lifetime of 70 years, the heart beats more than 2.5 billion times, with no pit stops for lube jobs or repairs."

Should we believe "100,000 times a day" and "2.5 billion times in a lifetime?"

How much water would we save in a week if everyone in America turned off the faucet while brushing their teeth?

How many ping pong balls would fit in our classroom?