

● HOW BIG IS YOUR HEART?



Your heart is located in the middle of your chest, just under your rib cage, and is the size of your fist. As you grow, your heart grows too - keeping up with the size of your fist!

● HOW DOES YOUR HEART WORK?



Your heart is your cardiovascular system's **fluid pump**. It pumps **blood and nutrients** to your **organs**. And it pumps blood to the **lungs** where it receives **oxygen** after the body has used it up. This process is called **oxygenation**.

- The heart has four chambers.
 - The upper two are the **atria**.
 - The lower two are the **ventricles**.
- The chambers are separated by a wall of tissue called the **septum**.



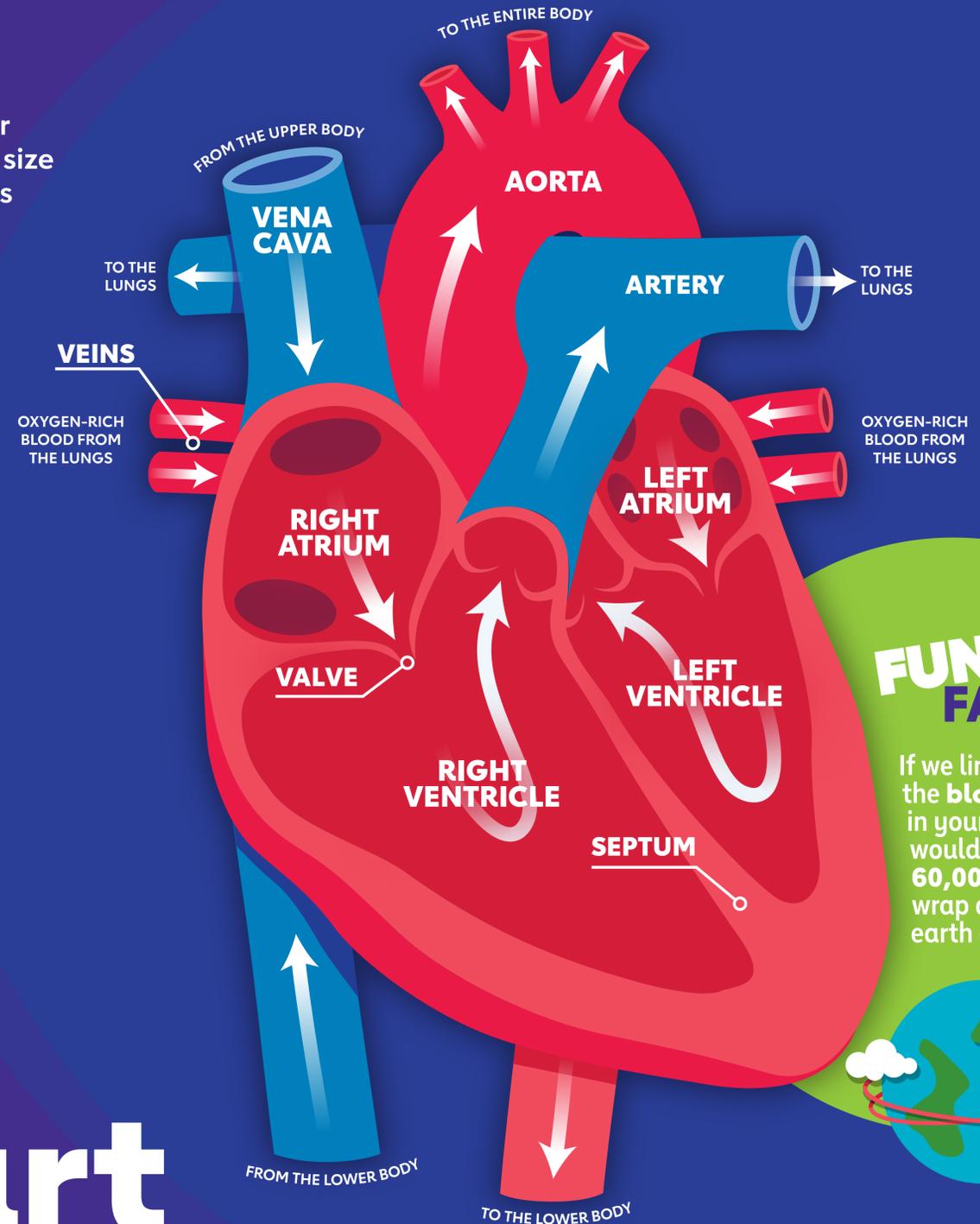
Blood is pumped through the chambers, aided by four **heart valves**, which open and close to let the blood flow in **only one direction**.

Learn About Your Heart



FUN FACT!

Being active - **moving more** - not only helps your **heart** and **bones** be strong, but also helps you sleep better, have more **energy** and feel less stressed and more **confident!**



FUN FACT!

If we lined up all of the **blood vessels** in your **body** they would stretch over **60,000 miles** and wrap around the earth - **twice!**



● HABITS FOR A HEALTHY HEART

Your heart depends on you! Make heart-healthy choices every day!



ADD COLOR



CHOOSE WATER



MOVE MORE



NEVER VAPE OR USE TOBACCO



HELP OTHERS



PRACTICE GRATITUDE