



American Heart Association.

**KIDS HEART CHALLENGE** | **AMERICAN HEART CHALLENGE**



# YOUR HEART & BRAIN

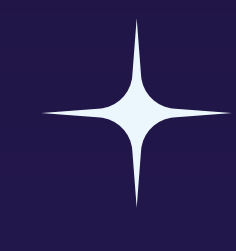
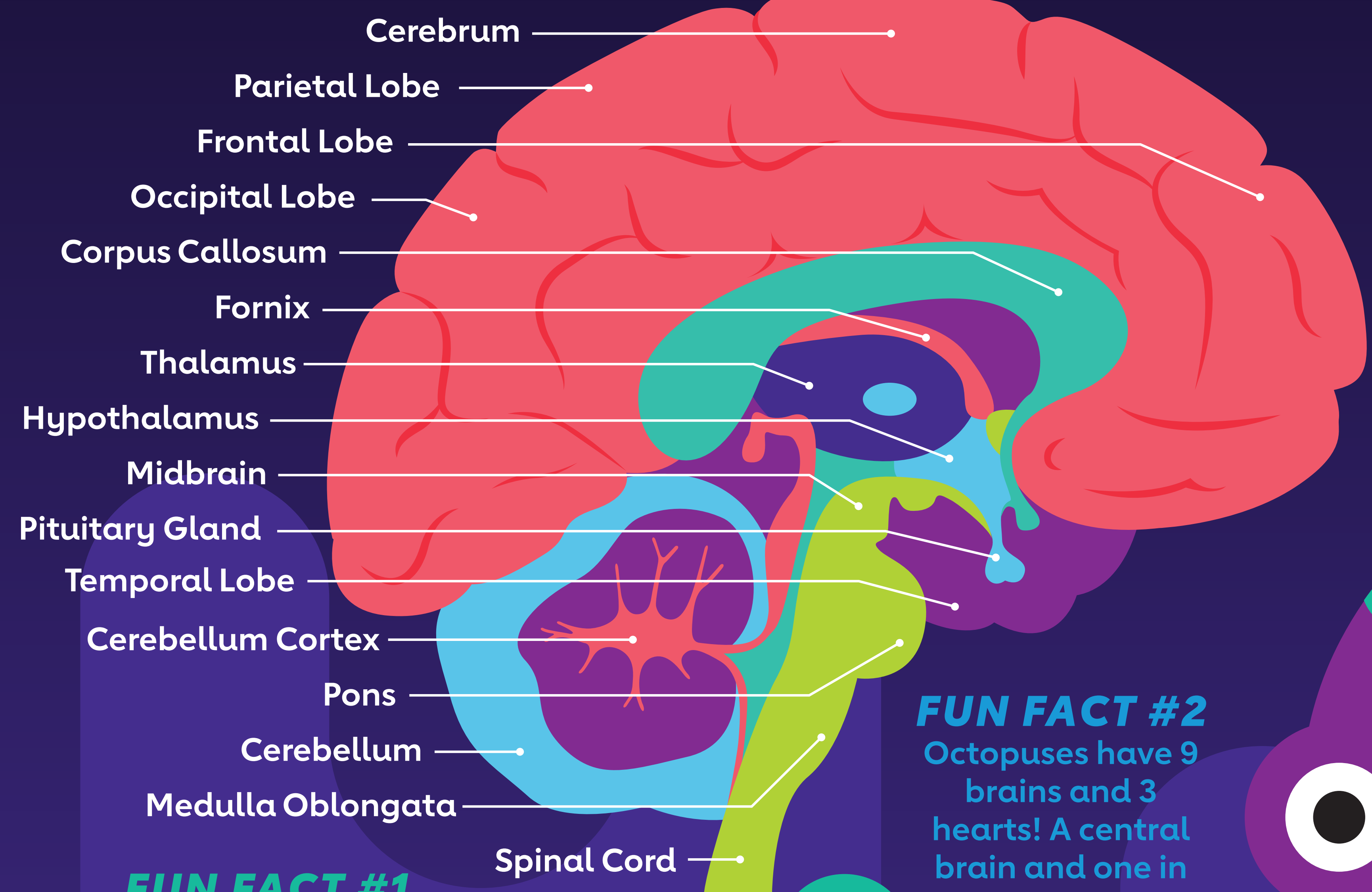
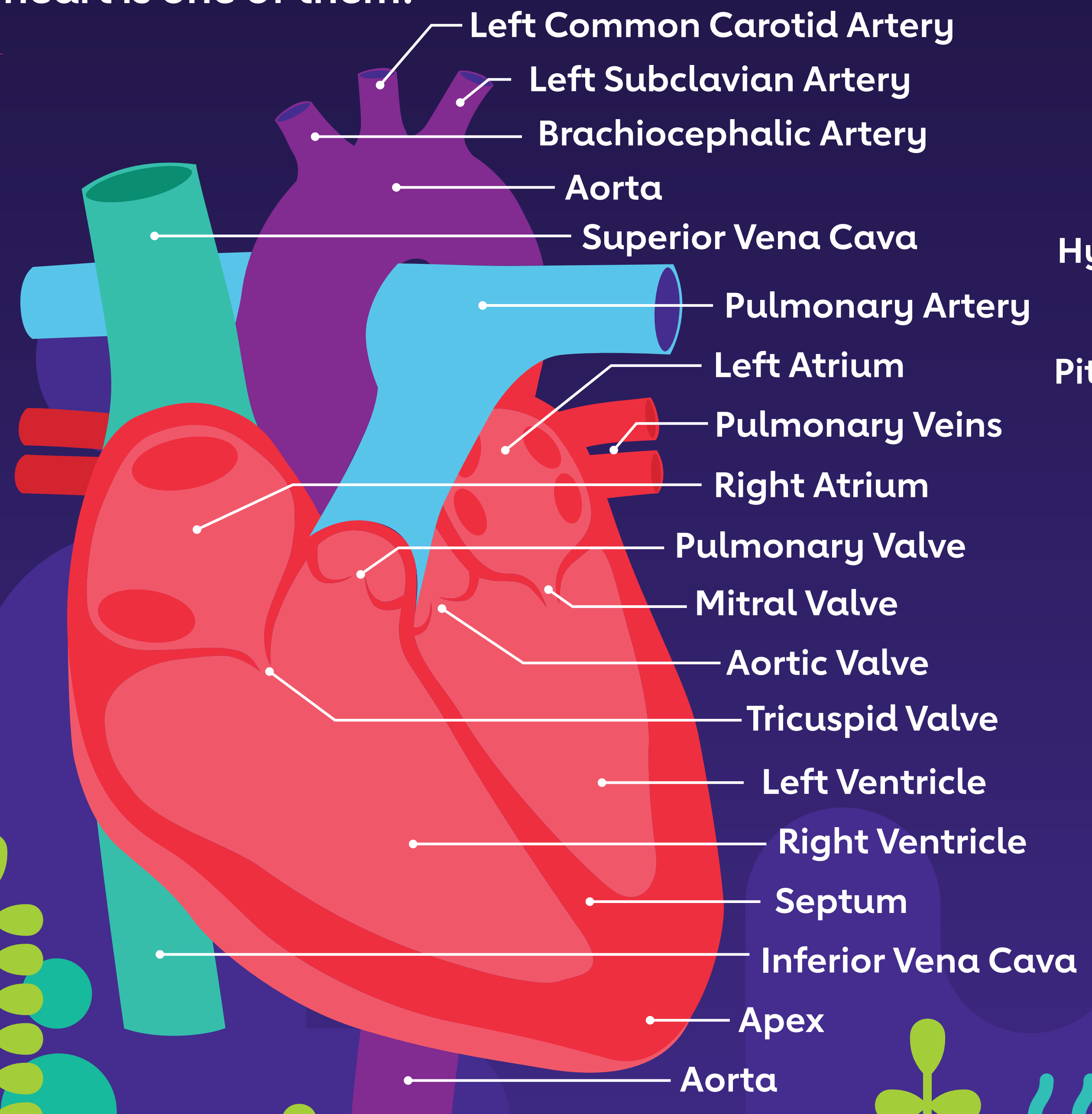


## DID YOU KNOW?

Your brain controls your movements, muscles and mood.

## DID YOU KNOW?

The human body has more than 650 muscles. Your heart is one of them!



### FUN FACT #1

The heart "beat" is when the heart expands and contracts kind of like an octopus' movement in the ocean.

### FUN FACT #2

Octopuses have 9 brains and 3 hearts! A central brain and one in each tentacle.