American Heart Association.

CHALLENGE.

DID YOU KNOW?

Being physically active not only helps your body be healthy, but also helps you remember, think and just feel better!

Left Subclavian Artery -

Left Common Carotid Artery -**Brachiocephalic Artery** –

Aorta-Superior Vena Cava -Pulmonary Artery — Left Atrium -Pulmonary Veins — Right Atrium — Mitral Valve Pulmonary Valve **Tricuspid Valve** Aortic Valve Left Ventricle -**Right Ventricle** -Septum -Inferior Vena Cava -Apex -Aorta

RANGEFAN



 $(\pm$

Sleep is more important than you might think! Getting 9-11 hours each night can help your body build muscle, improve your immune system and give you more energy!



—— Cerebrum	
Parietal Lobe	
Frontal Lobe	
Occipital Lobe	
	Corpus Callosum
	- Fornix
	— Thalamus
	— Hypothalamus
	— Midbrain
	— Pituitary Gland
	– Temporal Lobe
Ce	rebellum Cortex
– Pons	
Medulla Oblongata	
Spinal Cord	

DID YOU KNOW?