**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.

**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**

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**Learn About Your Heart**

**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!

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**ADD COLOR**

- 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!