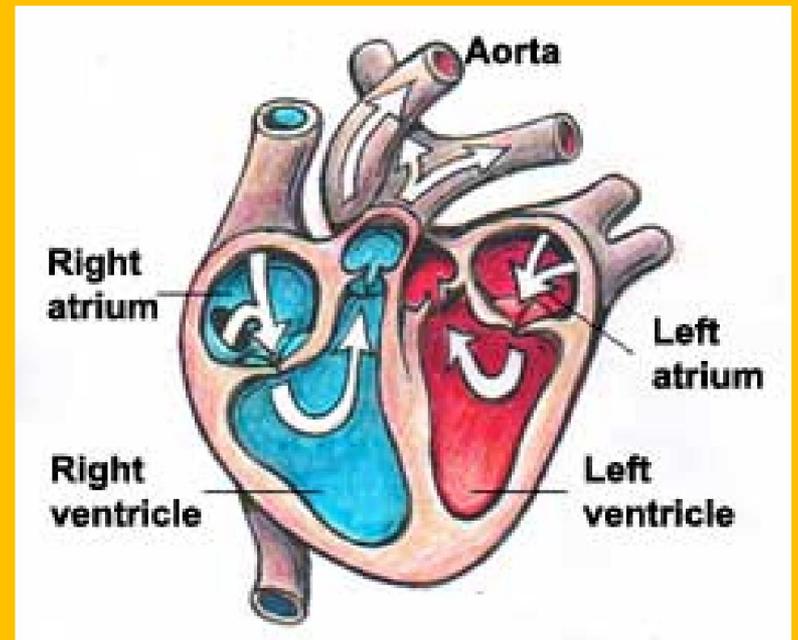
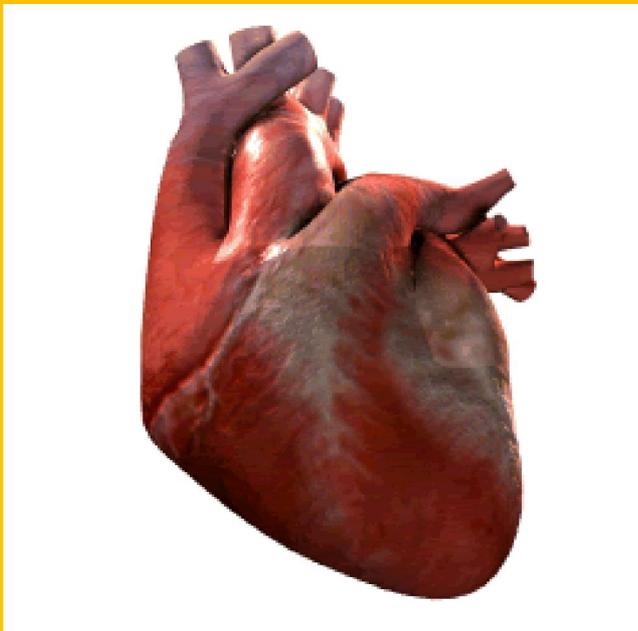
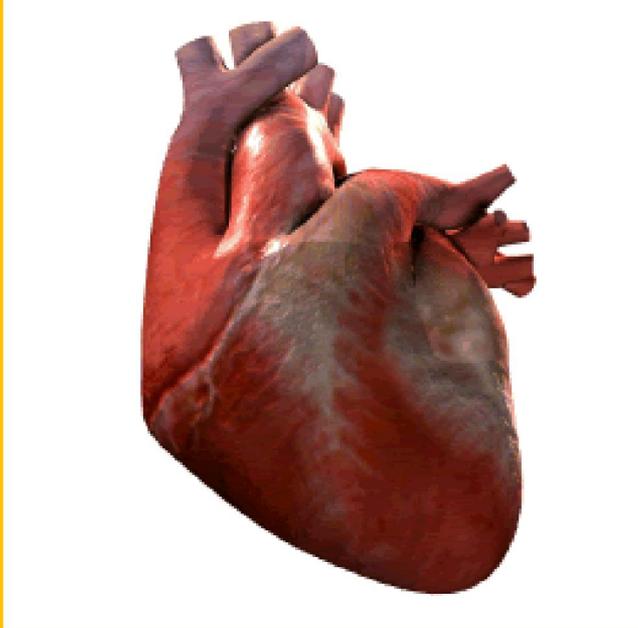


THE HEART



What does the heart do?

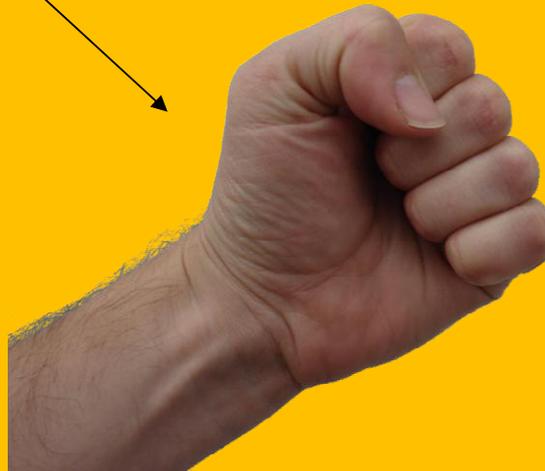
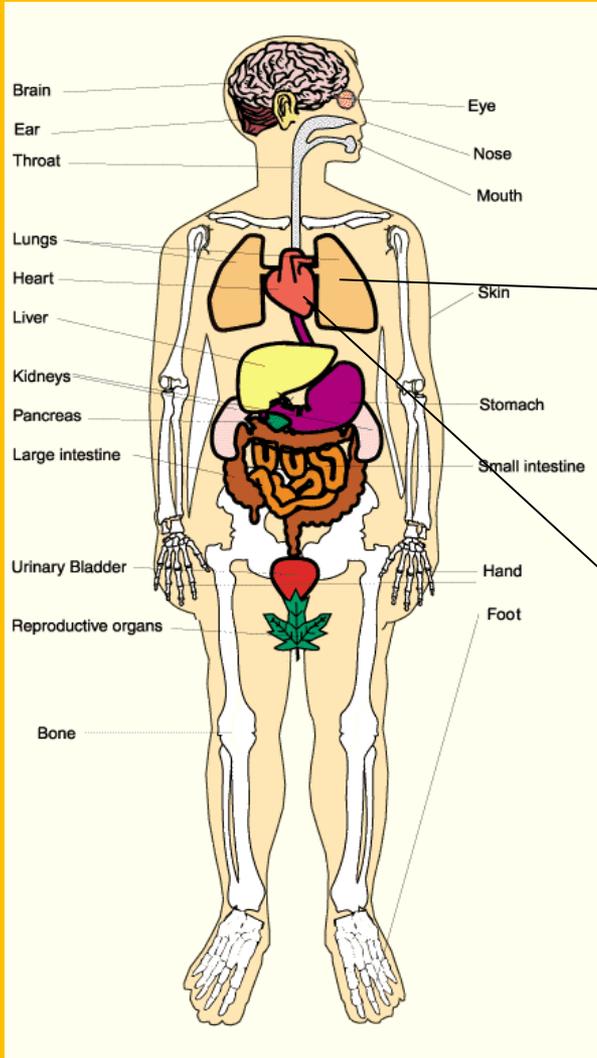


- Your heart is made of muscle and its job is to pump blood around your bodies **100,000km** of blood vessels each and every day.

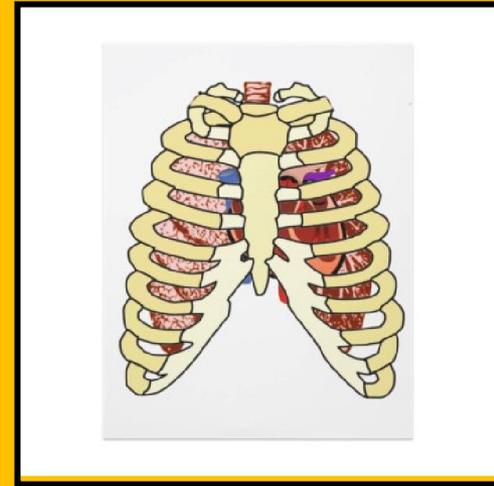
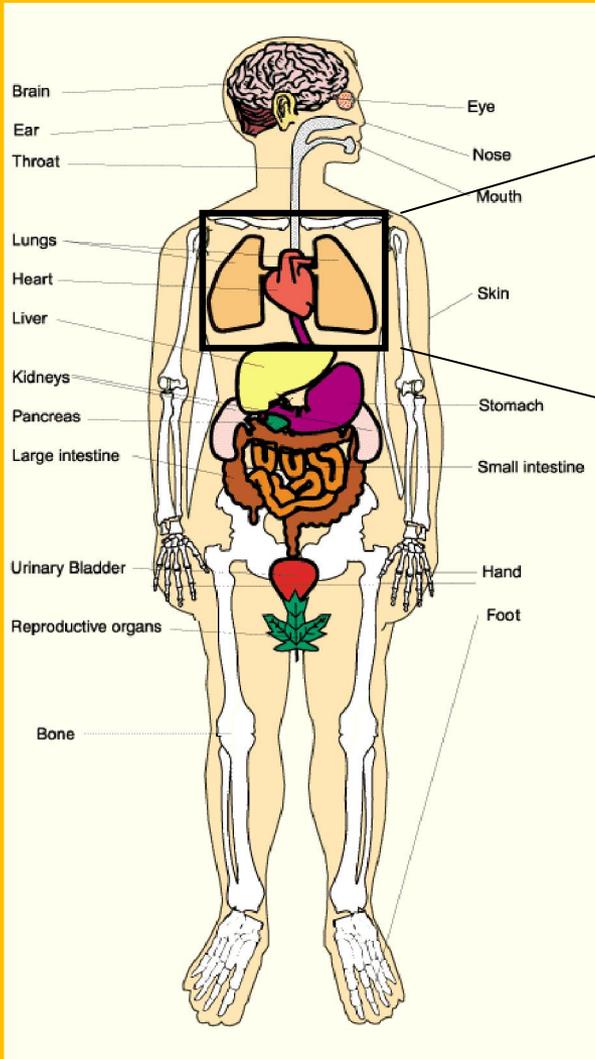
- That's nearly long enough to stretch round the earth **8 times!**



Where is your heart?



Where is your heart?



Your heart is located at the centre of your chest and is **about the size of your fist**. It is **guarded by your ribs and breast bone** to keep it safe. The heart is one of the most important organs in our bodies, if not the *most* important, so it is very important to look after it properly!

Heart disease is the number 1 medical problem in the Western World!

Why is the heart so important?



With each heart pump, it transports **blood** and **oxygen** around your body to all of your organs and muscles.

Oxygen is needed for your organs and muscles to produce energy to keep them working.

Without the heart to pump **blood** and **oxygen** around our body, our organs and muscles would starve and not be able to function properly.

Normally, you can not **live** for more than 5 minutes if your heart stops beating!

Q: Why does our heart beat faster when we exercise?

How does the heart work?

Right side

Left side

Your heart is divided into two sides.

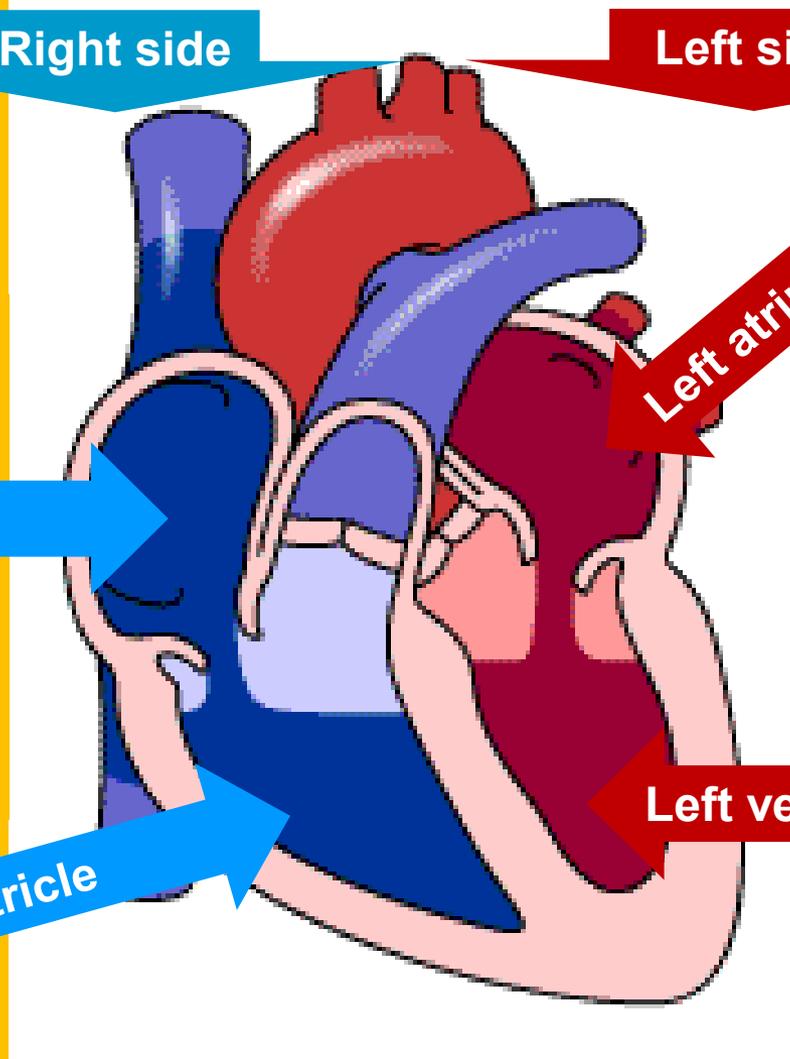
Right atrium

Left atrium

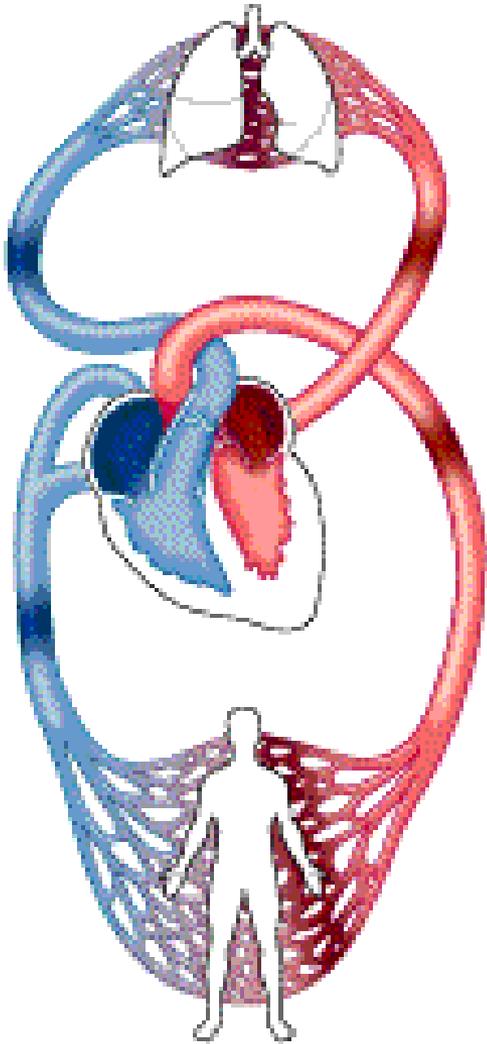
Right ventricle

Left ventricle

Blood is pushed from the atrium into the ventricle on both sides of the heart, and then pushed around the rest of the body. This is the 'beat' that you can hear in your chest



Blood travels around your body in a figure of 8



The **left side** of the heart gets BRIGHT RED oxygenated blood from the lungs, and pumps it away from the heart. The blood pumps all around the body through blood vessels called ARTERIES to important organs and muscles.

The **right side** of the heart has blood used by your muscles and organs, it is very DARK RED deoxygenated blood as all of the oxygen has been removed. This blood carries carbon dioxide. VEINS carry the blood back in to the heart and the right hand side pumps the blood up to the lungs to collect oxygen again.

REMEMBER:

Arteries

Away!

Ve**IN**s

IN!

