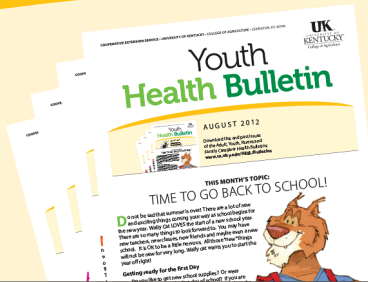


Youth Health Bulletin



FEBRUARY 2015

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THIS MONTH'S TOPIC: YOUR HEART

Wally Cat loves to see the little hearts everywhere this time of year. But he also knows that the heart in the

body is very important. Do you know where your heart is in your body? Have you ever listened to your heartbeat while visiting the doctor? Have you ever had your blood pressure taken?

The heart is found just a little to the left of the middle of your

chest. If you make a fist with your hand, that is about the size of your heart. The heart is a muscle in your body. However, it is very different from the muscles in your arms and legs.

The heart has a very important and special job: it moves blood around the body. This is very important because the blood carries oxygen and nutrients. Oxygen and nutrients are needed for every inch of your body.

Have you ever heard your heart beat? A heartbeat happens when the muscle squeezes the blood it has collected and moves it to different parts of your body.



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You should participate in at least 60 minutes of enjoyable, moderate-intensity physical activities every day.

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The heart has four different chambers, or areas where blood fills and is then pumped. The two top chambers are called the atria; the two bottom chambers are called the ventricles. In the middle of the heart, there is a septum, which separates the right side and the left side of the heart. The four chambers work together to make sure the body is getting the blood it needs.

When the blood leaves the heart it moves through little tubes called blood vessels. There are two types of blood vessels: arteries and veins. Arteries carry blood away from the heart to the body. Veins carry blood from the body back to the heart.

The body is very good at moving blood all around the body. It takes less than one minute to get blood to every cell in the body. That is FAST!

Your body always needs blood and the oxygen and nutrients found in blood. The heart works all day and all night to make sure your body has everything it needs.

There are times when your body actually needs to move blood a little faster around your body. When you are running or being active, the body needs more oxygen. You can feel how fast your body is moving blood when you feel your pulse. When you are resting your pulse is usually between 70 and 100 beats per minute. When you are active it can be much faster.

When a doctor puts a blood pressure cuff on you and it squeezes your arm, it is telling the doctor how much pressure the blood puts on the blood vessels. When a person has high blood pressure it can harm the heart. When you are being unhealthy by not having a balanced diet and not exercising, you are more likely to have high blood pressure.

Being physically active helps to keep a happy heart. Just like any other muscle, it needs a workout. Make sure to be active every day. You should also try to eat at least 5 servings of fruits and vegetables a day. Wally Cat wants you to have a healthy heart!

SOURCE

KidsHealth Your heart and circulatory system
2013 <http://kidshealth.org/kid/htbw/heart.html>



Quiz

1. The heart has how many chambers?

2. Your body moves blood around your body to make sure you have enough of what two items?

3. You can keep your heart strong by doing what?

ANSWERS: 1. 4; 2. Oxygen and nutrients; 3. Physical activities like walking, running and biking

Youth
Health Bulletin

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