

Know Your Heart

How Big Is Your Heart?



Your heart is the size of your fist. As you grow, your heart grows too. It continues to be a little larger than the size of your fist.

Take These Heart-Healthy Challenges

Help your heart beat strong by forming healthy habits.



Eat fewer sodium-rich foods such as pizza, burritos, tacos, sandwiches, bread, rolls, cold cuts, cured meats, and soup.



Be active.



Stay away from tobacco products and secondhand smoke.



Eat plenty of **fruits and vegetables.**



Drink lots of **water.**

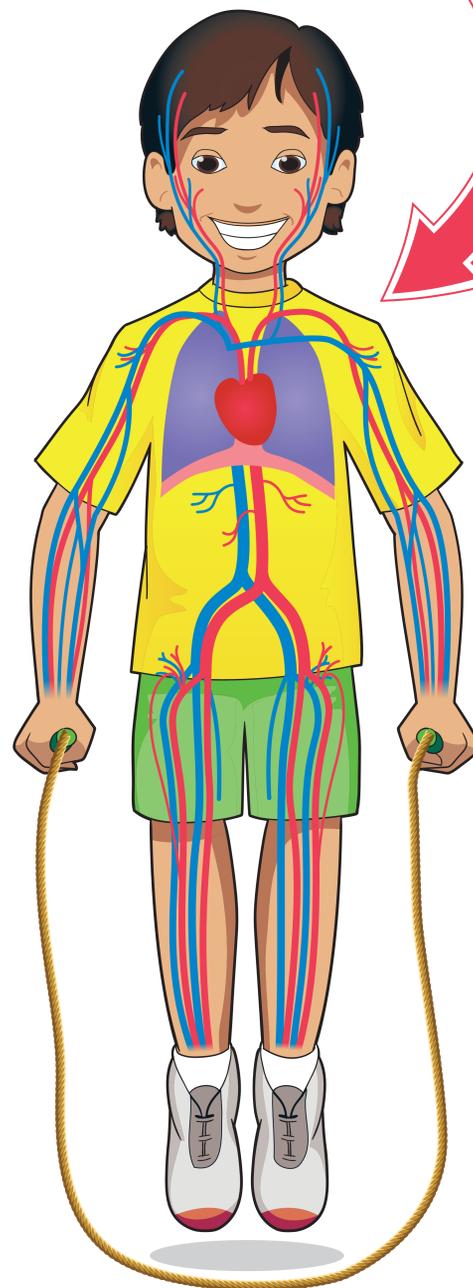
Fun Fact



You have more than 60,000 miles of blood vessels in your body. That's enough to wrap around the world more than two times!

Where Is Your Heart?

Your heart is located under your rib cage. It is between your two lungs. This means it is about in the middle of your chest.

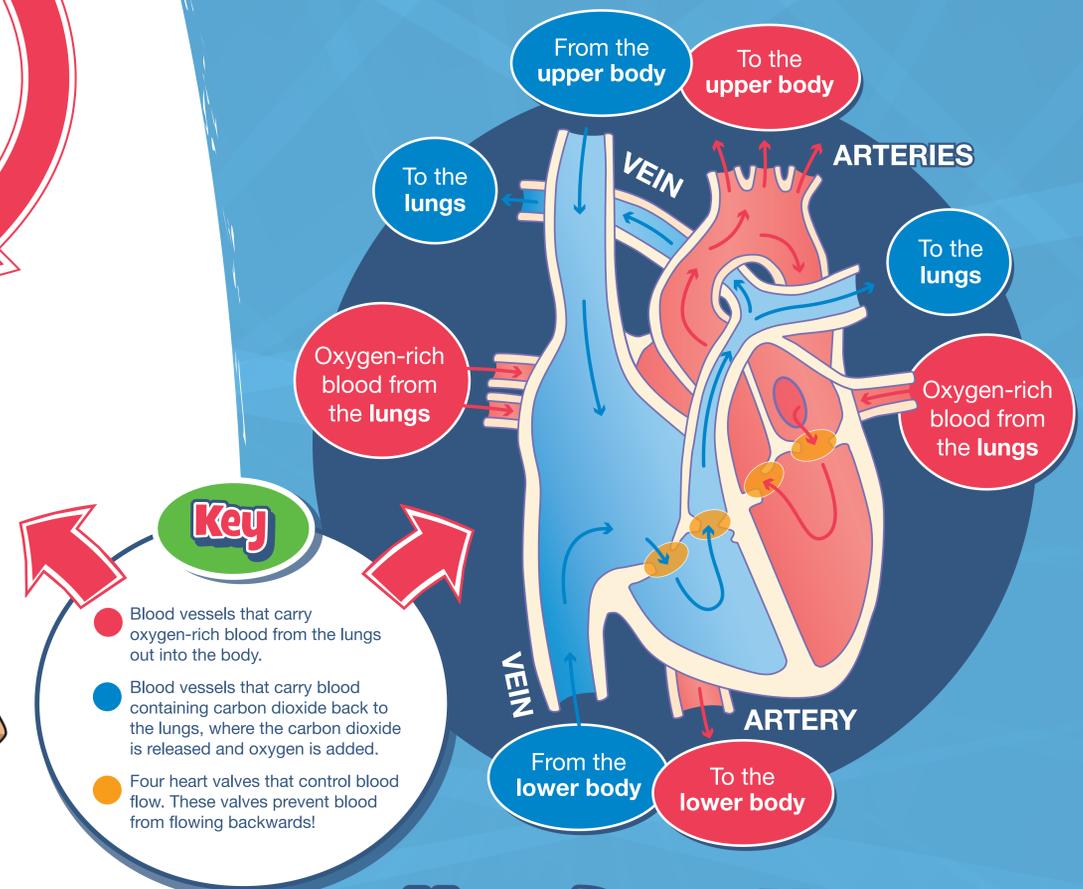


What Does Your Heart Do?

Your heart pumps blood to every part of your body. The blood provides your body with the oxygen and nutrients it needs to stay alive.

What Does Your Heart Look Like?

On the outside, your heart looks like a big muscle. On the inside, your heart is hollow. A muscular wall called the **septum** divides your heart into a right and left side. Each side of your heart is divided into two areas called **chambers**.



Key

- Blood vessels that carry oxygen-rich blood from the lungs out into the body.
- Blood vessels that carry blood containing carbon dioxide back to the lungs, where the carbon dioxide is released and oxygen is added.
- Four heart valves that control blood flow. These valves prevent blood from flowing backwards!

How Does Your Heart Work?

As your heart beats, it pumps blood through a system of blood vessels called the **circulatory system**. **Arteries** carry oxygen-rich blood away from your heart. **Veins** return blood to your heart.

When blood returns to your heart, it carries waste gas called **carbon dioxide**. Your heart pumps this blood into your lungs.

Your lungs exhale the carbon dioxide and inhale oxygen.

The oxygen-rich blood goes back into your heart where it is pumped out to your body.

Fun Fact



It takes less than one minute for your heart to pump blood to every cell in your body.



American Heart Association