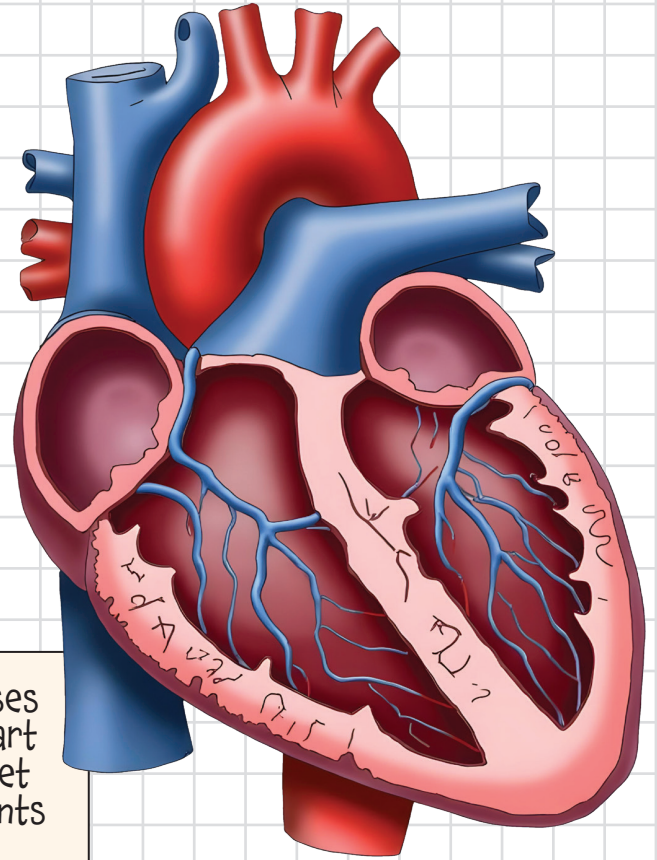


The human body consists of several complex systems and our lives depend on them all working together. Each system performs a special function but the **HEART IS THE STAR OF ALL THE SYSTEMS.**

# Take this 2 heart

## THE HEART HAS:

- **2 sides, right and left.** They are separated by a septum.
- **4 chambers – 2 upper** (atria) **and 2 lower** (ventricles).
- **4 valves**, which open and close allowing the blood to pass through the chambers in one direction.



## THE HEART FACTS

♥ The heart pumps blood throughout the body within blood vessels. This process is called circulation. Oxygenated blood circulates from the lungs to the left side of the heart.



♥ Exercise increases heart rate. The heart works harder to get oxygen and nutrients to the working muscles.

♥ Stimulants such as caffeine or adrenalin increase the heart rate.

♥ YOUR HEART RATE IS THE NUMBER OF TIMES YOUR HEART BEATS PER MINUTE. THE QUICKER YOUR HEART BEATS, THE HARDER AND FASTER YOUR HEART MUSCLE IS CONTRACTING TO CIRCULATE BLOOD THROUGHOUT THE BODY.

♥ Fear or stress can also cause the release of hormones that make the heart pump faster. This prepares for defence or escape.

♥ Around the world, heart attacks peak on Xmas and New Year's day!

**WANNA KNOW YOUR HEART RATE?**

Find your pulse. Count the number of beats in 20 seconds. Multiply by 3 to get the number of beats per minute.

♥ TAKE CARE OF YOUR HEART HEALTH THROUGH A HEALTHY LIFESTYLE.

STOP, SCAN & STUDY!



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