

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 the size of your fist.

Help Your Heart and Mind Be Strong

Healthy habits help keep your heart happy.



Add color



Move more



Be ready to learn



Be kind



Help others



Never vape or use tobacco

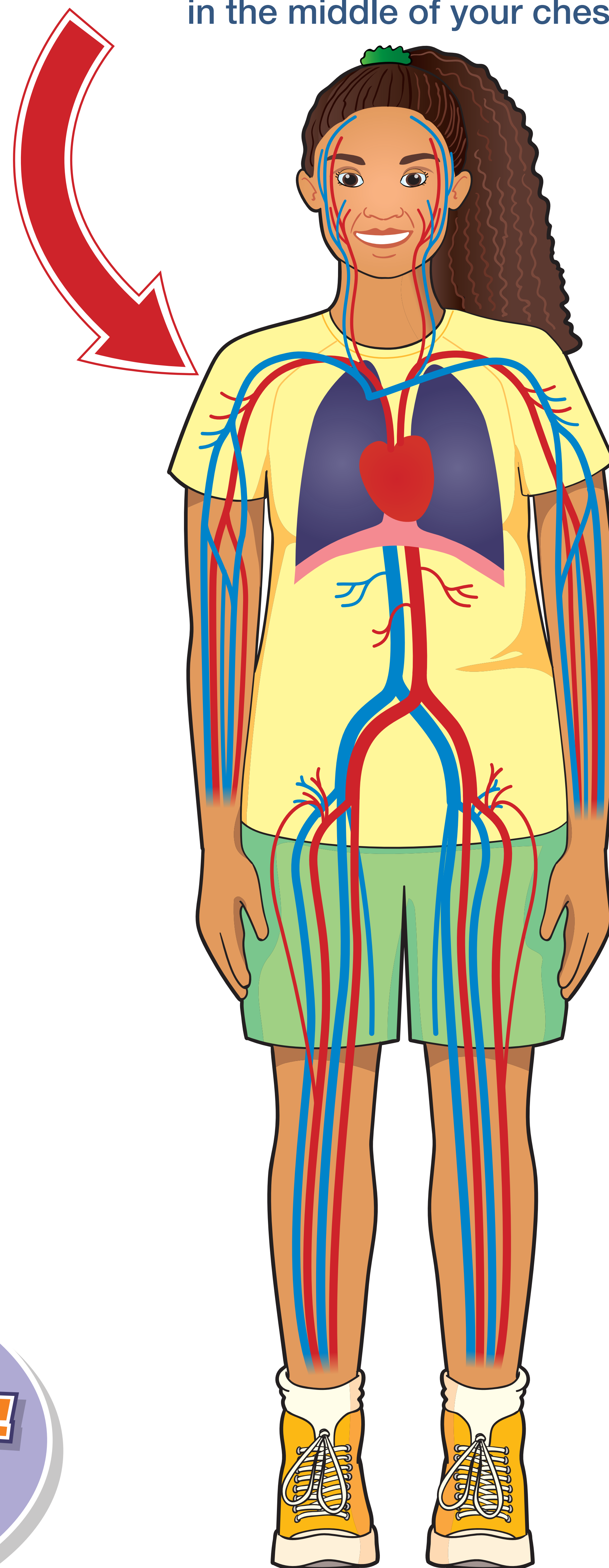
Fun Fact



Being active is good for your heart—and your bones, too. Running, jumping, skipping, dancing and other physical activity all help bones grow stronger.

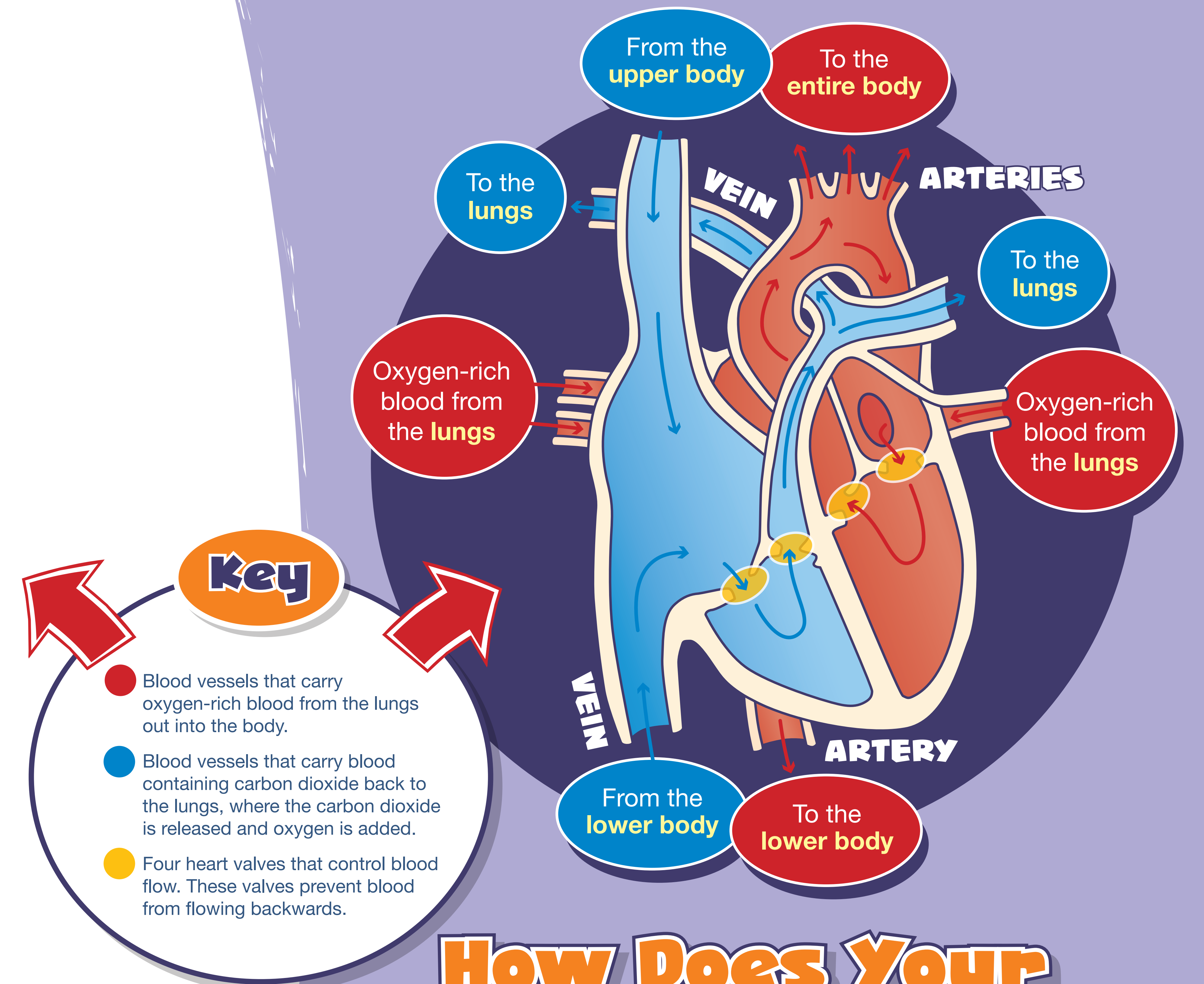
Where Is Your Heart?

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 Look Like?

On the outside, your heart looks like a big muscle. On the inside, your heart is filled with blood. 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 from your heart to the rest of your body. **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



Your hard-working heart pumps about 24 cups of blood through your body every minute of the day.

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.



American Heart Association.