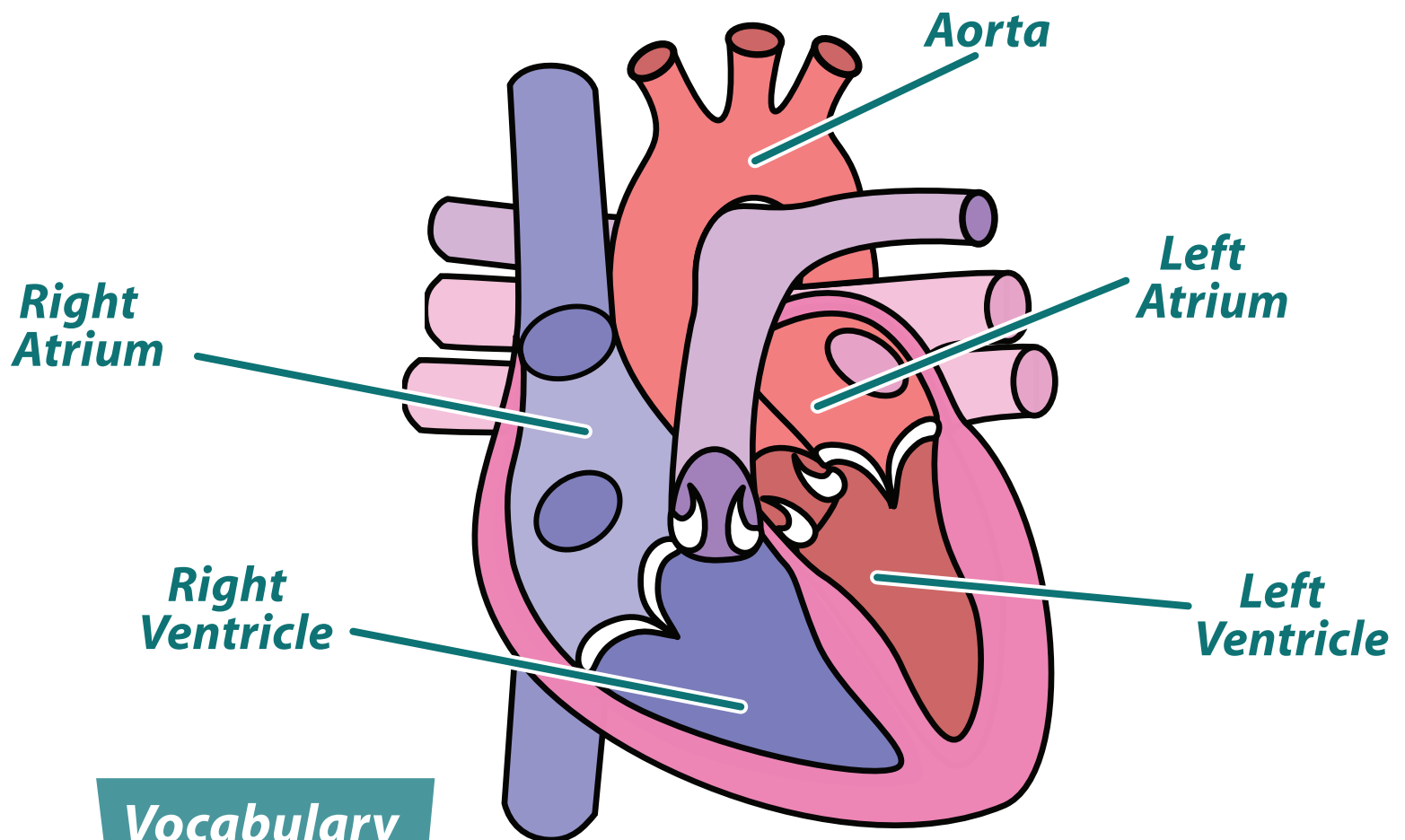


What is Your Heart?

Your heart is actually a **muscle**. It is about the size of your fist. It is located in the middle of your chest, on the left side. The the heart is a **pump** that helps push blood through your body.

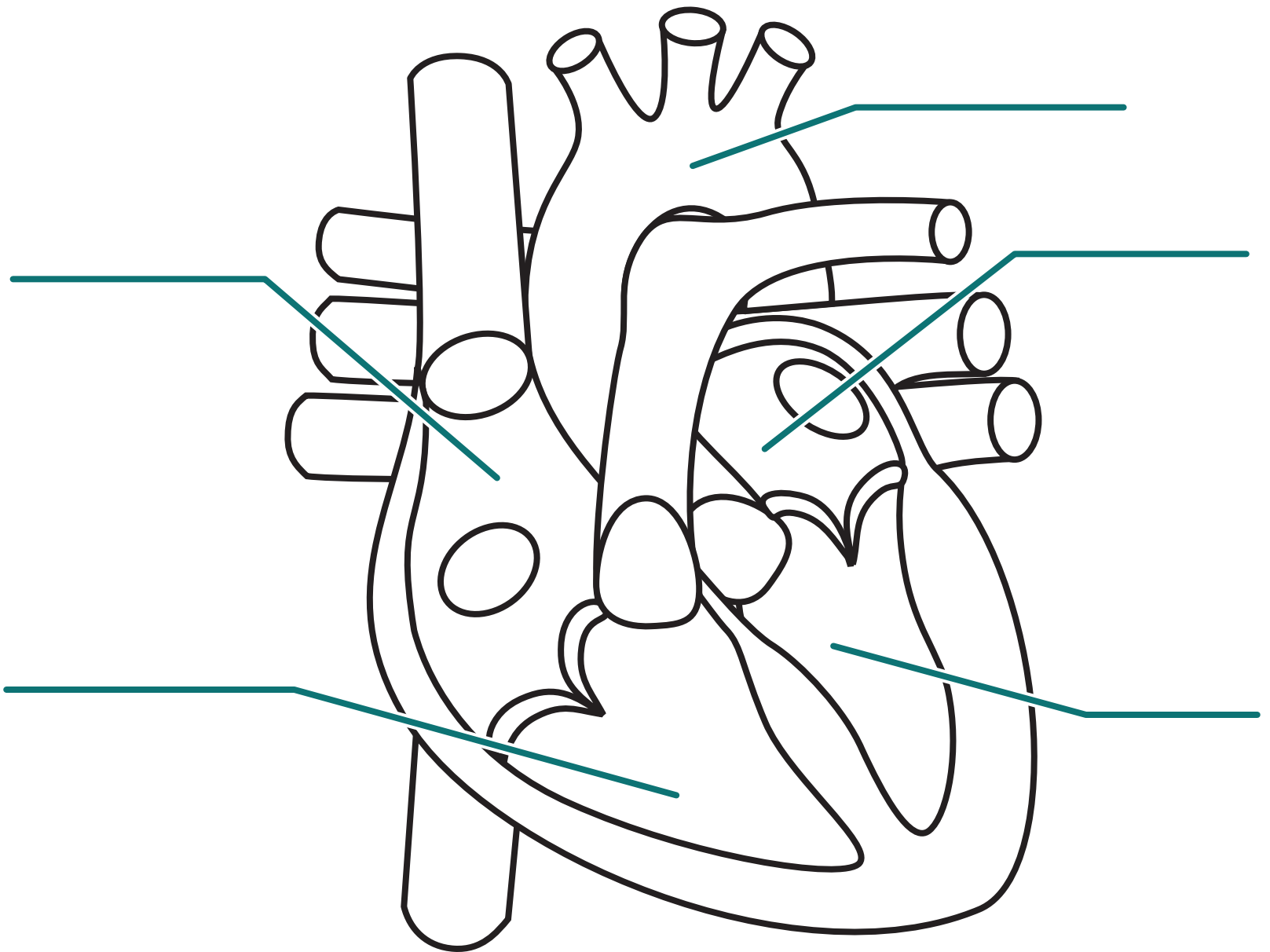


Vocabulary

- **Muscle:** rubber-like organ that helps you move.
- **Right Atrium & Ventricle:** receive blood that needs oxygen.
- **Left Atrium & Ventricle:** receive blood full of oxygen. Then pushes blood through the aorta to the rest of the body.
- **Aorta:** a tube that helps send blood through out your body.
- **Pump:** to move something.

What is Your Heart?

Color and name some of the parts of the heart.



Word Bank

Left Ventricle

Right Ventricle

Right Atrium

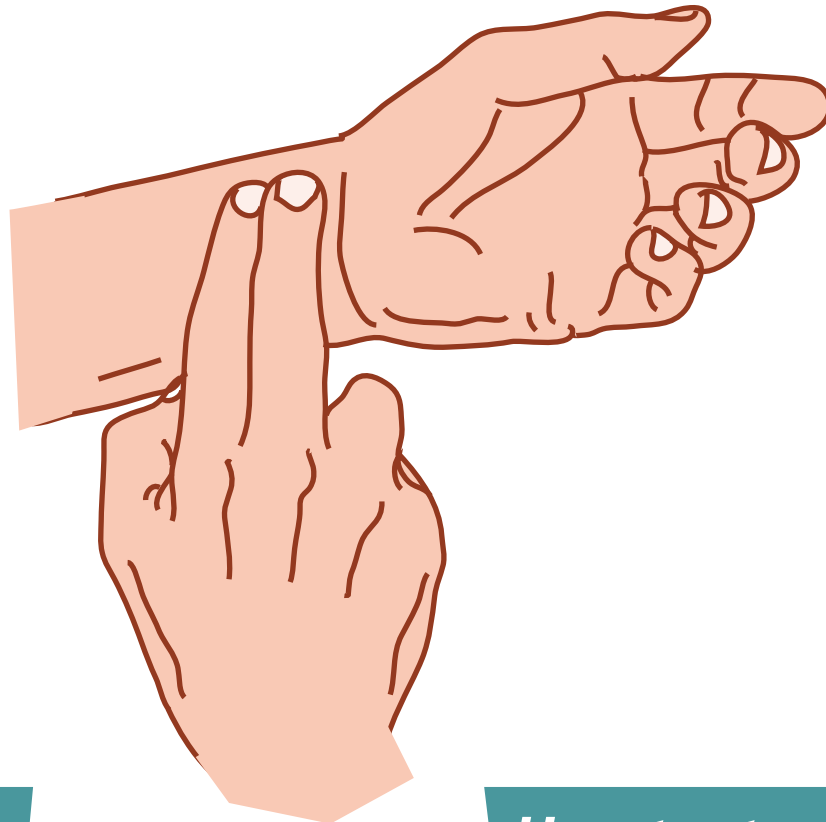
Aorta

Left Atrium

Find Your Heart Rate

How to take your pulse: Use two fingers resting on your wrist with very light pressure until you feel a steady beat. If you're having trouble feeling it, try putting two fingers on the left-hand side of your neck, right below your jawbone.

When you have found a steady beat, use a clock or a watch to count how many beats you feel in 15 seconds. Then, multiply your result by 4. That will tell you the number of heartbeats per minute. Your average resting heart rate should be between 70 and 100 beats per minute. Test your resting heart rate. Then test your heart rate after taking a run around the building. Notice a difference?



Heart rate

Resting

Heart rate

After Running