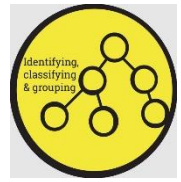

# HOW DO WE KEEP OUR HEART HEALTHY?




| Key vocabulary | |
|---|---|
| **Blood** | The red liquid pumped around the body by the heart. It transports oxygen, nutrients and water to all the parts of the body. |
| **Blood vessels** | The narrow tubes which our blood flows through including the arteries, veins and capillaries. |
| **Circulatory system** | This circulates blood through the body. It consists of the heart, blood and blood vessels. |
| **Diet** | The sort of food animals or humans regularly eat. |
| **Drugs** | A medicine or other substance that has an effect in a person's body. |
| **Exercise** | Activity that requires physical effort, carried out to sustain or improve health and fitness. |
| **heart** | The heart pumps blood around your body. |
| **Lifestyle** | The way in which a person lives. |
| **Lungs** | Two organs situated in the ribcage that fill with air when you breathe in. They remove carbon dioxide from blood and add oxygen. |
| **pulse** | Each time the heart beats it can be felt as a pulse in the arteries. Typically, in the wrist and neck. |

**Why is exercise important?**

Exercise can increase fitness, make you feel physically and mentally healthier, strengthen your heart and improve your lung function.