

# YOUR HEART

Your heart doesn't really look like the 'I love you' hearts that you see on cartoons. Your brain tells your heart how fast or slow to pump.

**Try this experiment:  
Are you sitting still?  
If yes answer these  
questions...**

Are you breathing fast? Yes / No

Can you feel your heart beating fast through your chest? Yes / No

Are you hot or sweaty? Yes / No

**Now run on the spot for  
1 minute ...finished?  
What has changed?**

Are you breathing fast? Yes / No

Can you feel your heart beating fast through your chest? Yes / No

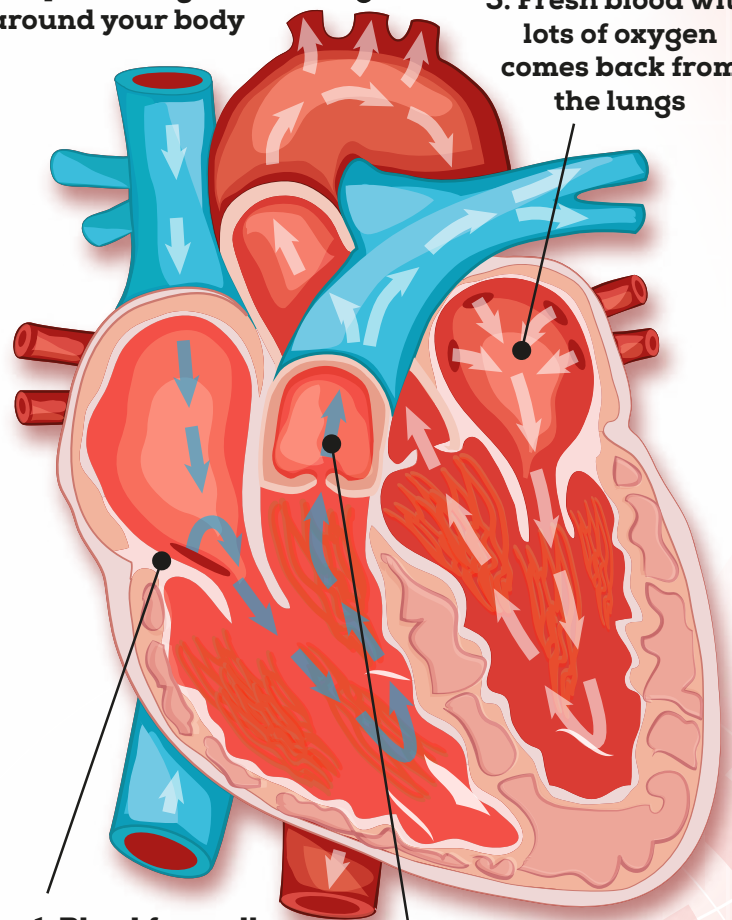
Are you hot or sweaty? Yes / No

**When you exercise the muscles in your body need more oxygen. Your brain tells your lungs to breathe in more air and your heart speeds up to move the oxygen in your blood around faster.**

**Here is what your heart looks like on the inside - follow the numbers to find out what happens when the heart beats**

4. Blood full of oxygen is pumped out again all around your body

3. Fresh blood with lots of oxygen comes back from the lungs



1. Blood from all around your body comes in here

2. Blood pumps out of here to your lungs. From there it picks up oxygen

## Percy Fact

You produce sweat from your skin to cool your body down when you get hot!

