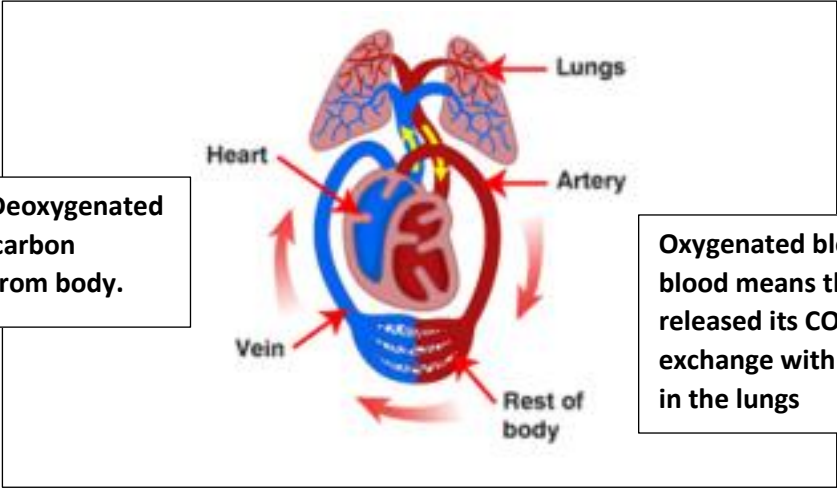


KEY INFORMATION AND FACTS

KEY VOCABULARY

heart	The heart pumps blood around your body.
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.
exercise	Activity that requires physical effort, carried out to sustain or improve health and fitness.
drugs	A medicine or other substance that has an effect in a person's 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.
blood vessels	The narrow tubes which our blood flows through including the arteries, veins and capillaries.
blood	The red liquid pumped around the body by the heart. It transports oxygen, nutrients and water to all the parts of the body.
pulse	Each time the heart beats it can be felt as a pulse in the arteries. Typically, in the wrist and neck.
digestive system	The human digestive system is a complex series of organs and glands that processes food. In order to use the food we eat as energy, our body has to break the food down into smaller molecules that it can process; it also has to excrete (or get rid of) waste



Deoxygenated blood - Deoxygenated blood is carrying more carbon dioxide to be expelled from body.

Oxygenated blood - Oxygenated blood means the blood has released its CO2 content in exchange with oxygen molecules in the lungs

Why is exercise so important?

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

Our pulse rate increases when we do exercise.

Healthy Bodies

Diet, exercise, drugs and other lifestyle choices have an impact on how our bodies function. This can affect how well our heart and lungs work and how fit and well we feel. Some choices such as smoking, drinking alcohol and obesity can be harmful to our health:

Smoking - Can cause shortness of breath, heart and lung disease.

Alcohol - Too much alcohol can damage the liver, heart and stomach.

