

If you could stretch all your blood vessels out in a line they would go around the world twice!

Major Muscle! Your heart squeezes blood through your body every minute of every day. It never sleeps.

A heart beats faster when you are doing active things. Running and playing help exercise your heart.

Blood gets oxygen from the lungs and delivers it to the rest of the body then circles back through the heart for more oxygen.

Blood can only flow one way - trapdoors called valves keep it from going backwards.

Hearts have four rooms, called chambers, for blood to go through.

You can listen to a heartbeat by putting of your ear to the middle of someone's chest.

**Heart Facts**

1. Cut out hearts and fasten together at bottom with staple or brass brad.