

HeartSense For Kids

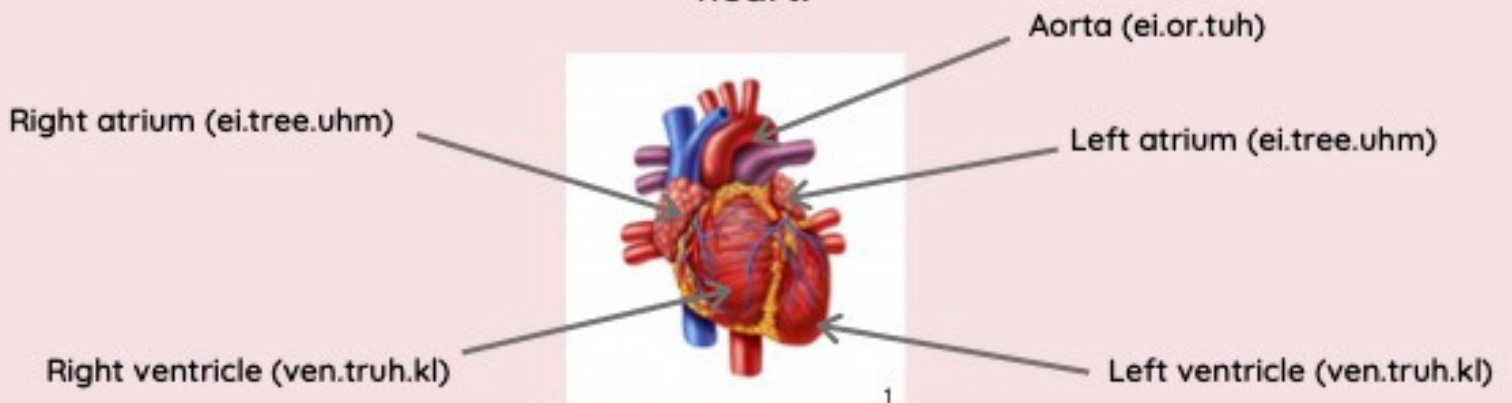
Have you ever thought about what exactly your heart is, what it does, and why it is an important part of your body? Well, let's start at the beginning...

You might think the heart looks like this



but inside our bodies, it looks more like this

So, what exactly is a heart you might be asking? Well, a heart acts as a muscle that pumps blood throughout your body! There are five (5) main parts of the heart:



If you ball your hand into a fist, you can see about the size your heart is!

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