

Why Is Your Heart So Important?

Now, let's talk about why the heart is so important! Earlier we said the heart pumps blood throughout our bodies. Well, it's very important that this happens because blood gives us many nutrients that our bodies need for energy.

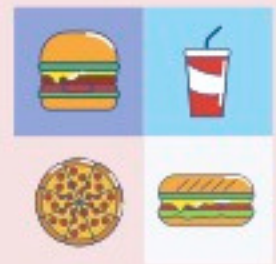
For example, we need energy to go play outside, go swimming, play sports, and to keep our brains smart and healthy!



If our hearts are UNhealthy, then blood cannot properly travel throughout our bodies and we won't be able to do any of those things! Some of the things that are NOT good for your heart include:



- Poor eating habits
- Smoking cigarettes
- Drinking alcohol
- Not getting enough exercise



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