

# Healthy Heart Schools' Program

## How does the heart function

The left and right atria receive blood while the left and right ventricle are responsible for pumping the blood.

The left and right sides are separated by a wall called the septum. The left side of the heart pumps blood to the body and the right side pumps blood to the lungs.

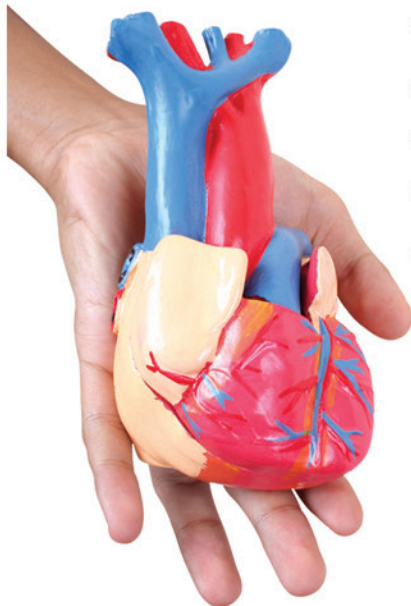
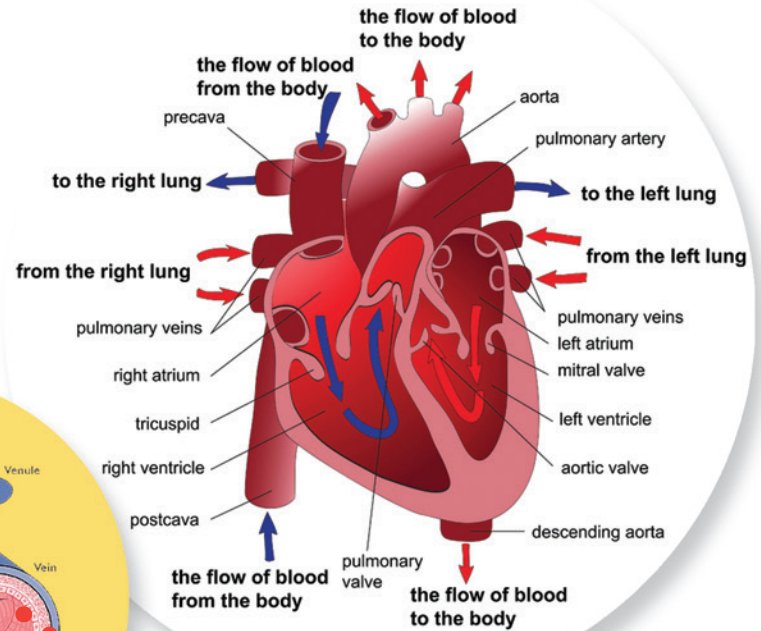
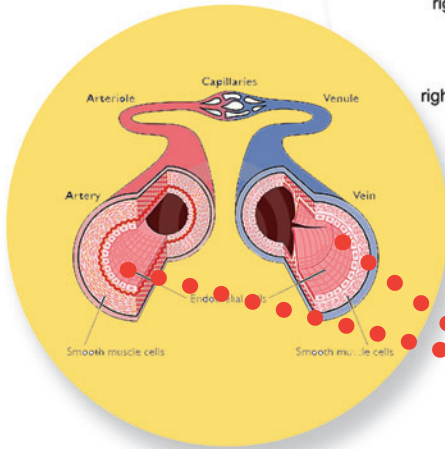
Between the atria and ventricles there are valves that open and close to allow and stop the flow of blood.

### There are 4 valves: in the heart.

The valves help to control the direction of blood flow so that blood only flows in one direction inside the heart. If you have a heart murmur it is due to a valve. Some murmurs are okay, and some need to be checked.

## ARTERIES

- Are blood vessels that carry blood away from the heart
- Are thick with muscular walls that keep the blood moving throughout the body
- Carry blood rich in oxygen to the rest of the body
- Must be kept clean and open in order to work



## It's a fact!

The heart is a muscular organ about the size of your fist

The heart weighs less than a pound

### The heart beats:

- 60 to 100 times a minute
- about 100,000 times a day
- 30 million times a year
- about 2.5 billion times in 70 years

## Endothelium

- The most important tissue in your body
- One cell thick layer that covers everything inside your heart, arteries, capillaries and veins.
- The endothelium goes to every place in your body and touches every cell you have
- Plays a big role in blood pressure
- A healthy endothelium means a healthy life
- Physical activity is the only thing proven to improve endothelium function

## Did You Know?

The heart has its own unique blood supply from the coronary arteries that surround the heart.

Two main branches of coronary arteries: right coronary artery and left main coronary artery.



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