

The Incredible Human Body: A Journey of Discovery with Nova

Dive into the rhythm of life—explore how your body keeps you moving, thinking, and growing!

- The heart acts as a powerful pump, pushing blood through a vast network of vessels to deliver essential oxygen and nutrients to every cell.
- Arteries are the sturdy vessels that carry oxygen-rich blood away from the heart and out to the rest of the body.
- Veins perform the vital task of carrying blood back toward the heart after it has delivered its oxygen to your muscles and organs.
- Capillaries are the microscopic, thin-walled vessels that allow oxygen and waste products to be exchanged between the blood and the body's tissues.
- A balanced diet, regular exercise, and drinking plenty of water are the best ways to keep your circulatory system happy and healthy.

Did you know? Did you know? If you laid all the blood vessels in an adult human body end-to-end, they would stretch for about 60,000 miles—that is enough to circle the Earth more than twice!

Key vocabulary: Circulatory system · Heart · Blood vessels · Oxygenated · Nutrients · Arteries · Veins · Capillaries