

Nova's Guide to the Human Body

Explore the wonder within: How does your body keep you moving?

- **The heart acts as a powerful pump to transport blood, oxygen, and nutrients to every part of your body.**
- **Arteries are thick-walled vessels that carry oxygen-rich blood away from the heart to the rest of the body.**
- **Veins are the vessels responsible for carrying blood that is low in oxygen back to the heart to be replenished.**
- **Capillaries are tiny, thin vessels where the actual exchange of oxygen and nutrients happens between the blood and your cells.**
- **When you exercise, your heart rate increases to supply your muscles with the extra oxygen they need for energy.**

Did you know? Did you know? Your heart is a muscular pump about the size of your clenched fist. In a single day, it beats approximately 100,000 times, pushing blood through an incredible network of vessels that would stretch for 60,000 miles if laid end-to-end!

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