Nova’s Guide to the Circulatory System

Pump it Up! Explore how your heart keeps your body moving.

- **The heart acts as a powerful pump, pushing blood through a complex network of tubes called blood vessels.**
- **Arteries are strong, thick-walled vessels that carry oxygen-rich blood away from the heart to the rest of the body.**
- **Veins have thinner walls and work to carry deoxygenated blood back towards the heart to be refreshed.**
- **Capillaries are tiny, microscopic vessels where the actual exchange of oxygen, nutrients, and waste products occurs between blood and body cells.**
- **Blood is essential for life; it travels constantly, delivering oxygen and nutrients while picking up carbon dioxide to be removed.**

> *Did you know? Did you know? Your heart is a muscle about the size of your fist. Even when you are resting, it beats around 100,000 times a day to pump approximately 7,500 litres of blood through your body!*

Key vocabulary: Heart · Blood vessels · Arteries · Veins · Capillaries · Oxygenated · Deoxygenated · Circulation