

Pumping blood

All day and all night, your heart pumps blood around your body. Blood takes oxygen to your cells.

The pulse you can feel at your neck and wrist is blood pumping through.

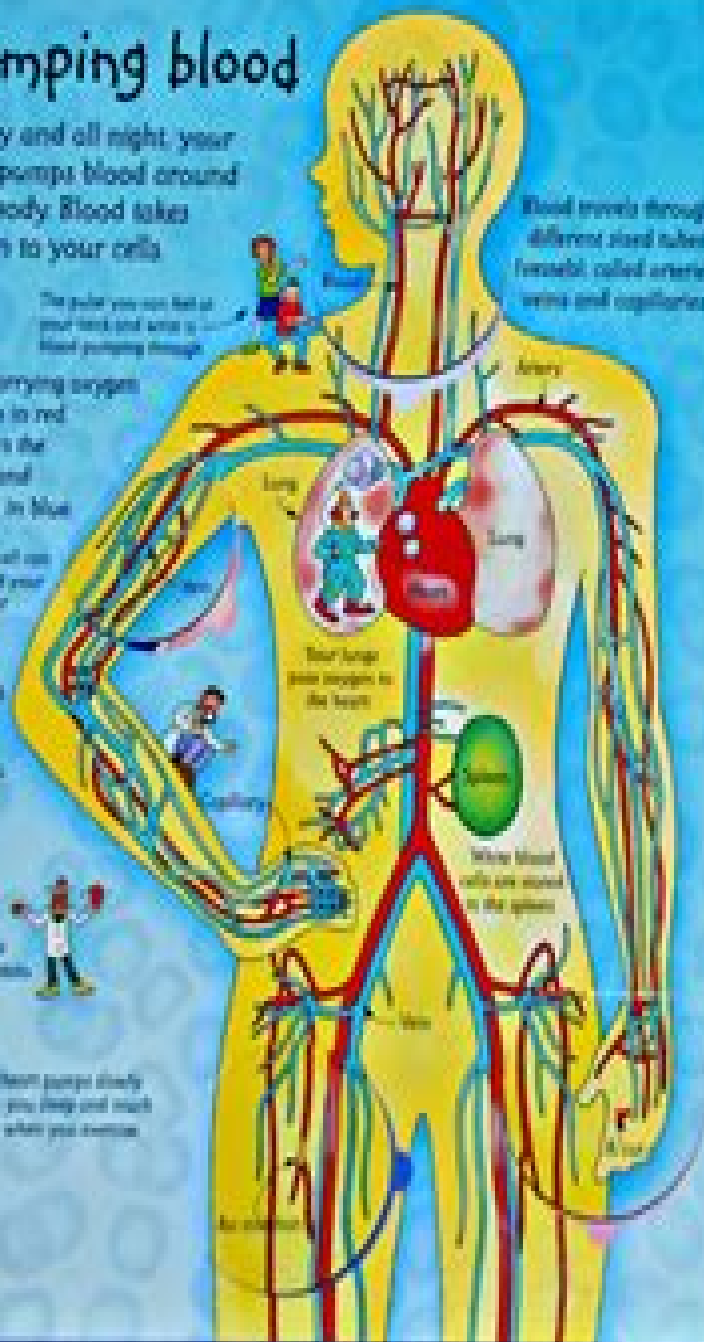
Blood carrying oxygen is shown in red. It delivers the oxygen and is shown in blue.

A red blood cell can travel around your body in under one minute.

An adult heart weighs about the same as a big potato.

Your heart pumps slowly when you sleep and much faster when you exercise.

Blood travels through different sized tubes (vessels) called arteries, veins and capillaries.



Here's a picture showing the inside of a heart.

Your heart has two sides that pump at the same time.

The right pump sends blood to the lungs to get oxygen.

The left pump sends blood to the rest of the body.

A large vein takes blood back to your heart.

The sound of your heart beating is made by your heart valves closing.

In one day, your blood vessels are unbelievably 100,000 km (100,000 miles) long.



Look Inside Your Body

Ying-Ying Zheng



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