

# 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.

LUNGS

Blood coming from the feet

Blood going to rest near the lungs

Blood going to the head

Valves control the blood flow

A large artery carries blood through your body

There are blood vessels around the heart too

The artery branches off into smaller blood vessels

Capillary

# Look Inside Your Body

**W. Agbor Baiyee**



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## **Look Inside Your Body** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Look Inside Your Body**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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