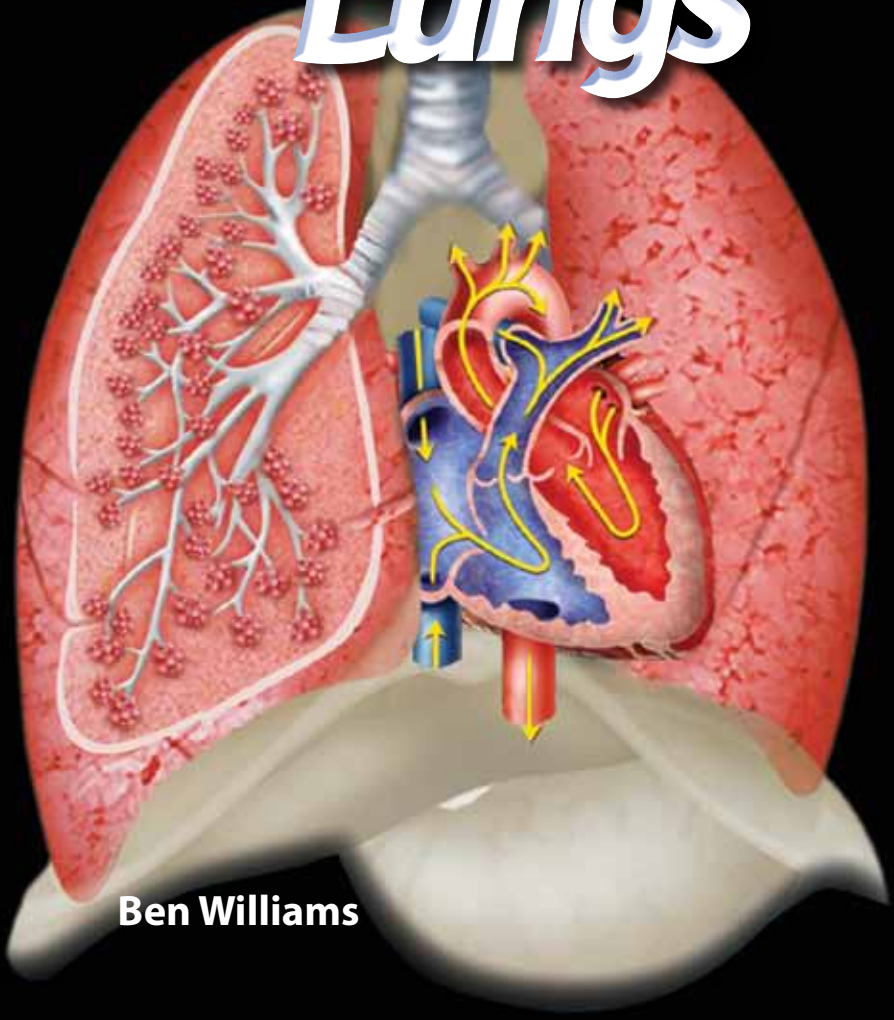
TIME FOR KIDS

Look Inside: Your Heart and Lungs



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A Busy Place





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The world is a busy place. People work, play, and go, go, go! Over here and over there, something is always happening.

The outside world is very busy. But there is another busy world, one that you



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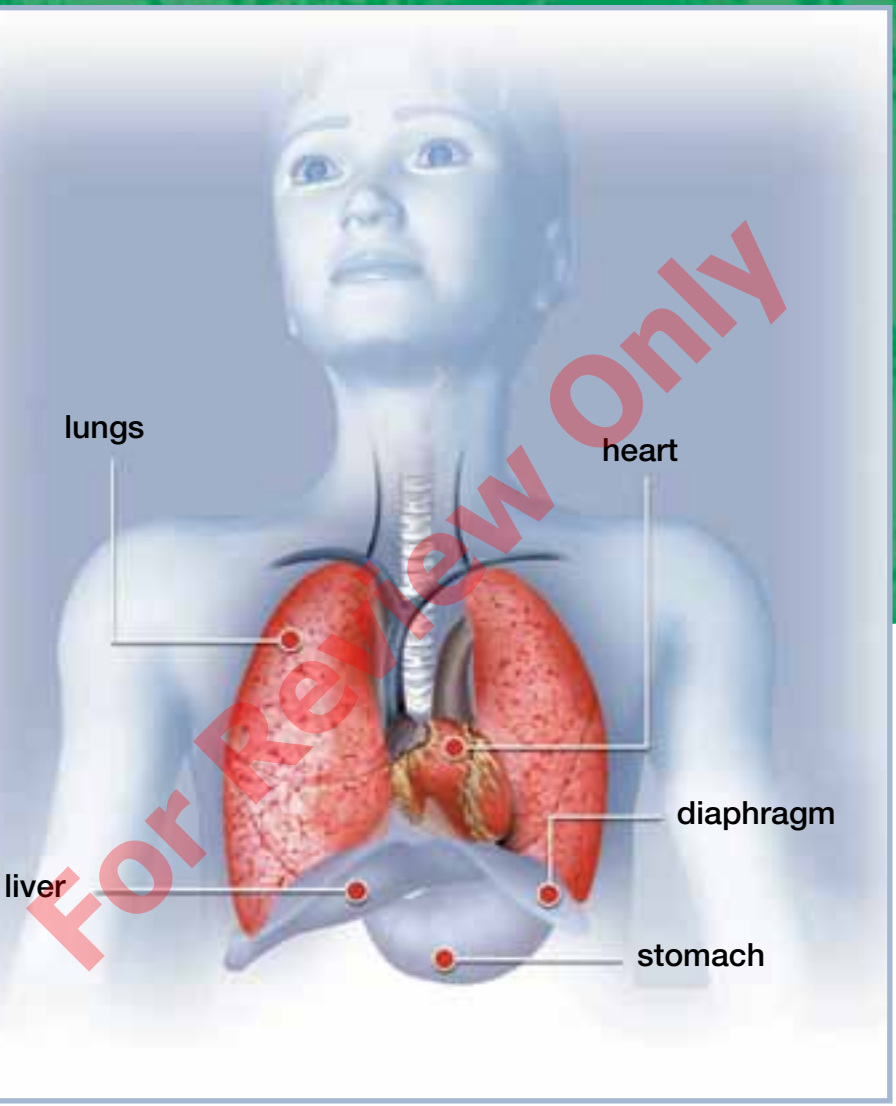
can't see. Inside of you, under your skin, your body never stops going. **Blood** goes through your body. Air goes in and out. Yes, your *inside* world is very busy, too!

An Important Team

In the middle of all this activity, your heart and lungs are resting snugly inside your chest. They are an important team! They work together every moment of every day to send your body the **oxygen** and nutrition it needs. They take good care of you, so you must be sure to take good care of them!



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The Heart and How It Works



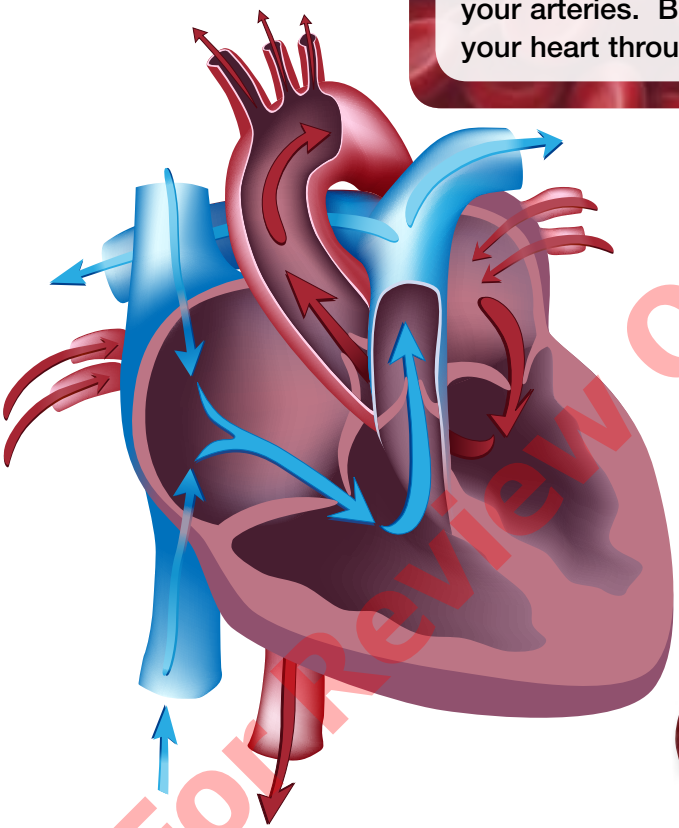


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Your heart is in your chest, between your lungs and just left of the center. It is about the size of a closed fist.

How Blood Moves

Blood travels from your heart to all parts of your body through your arteries. Blood returns to your heart through your veins.





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People sometimes think a heart is the shape of a valentine. A real heart looks nothing like that.