



# **Circulatory System**

By Stephan Baum-Harvey

# What is it?

The circulatory system is a system in our bodies that moves blood to and from the heart. It also carries oxygen, nutrients, and hormones to cells, and removes waste products like carbon dioxide.

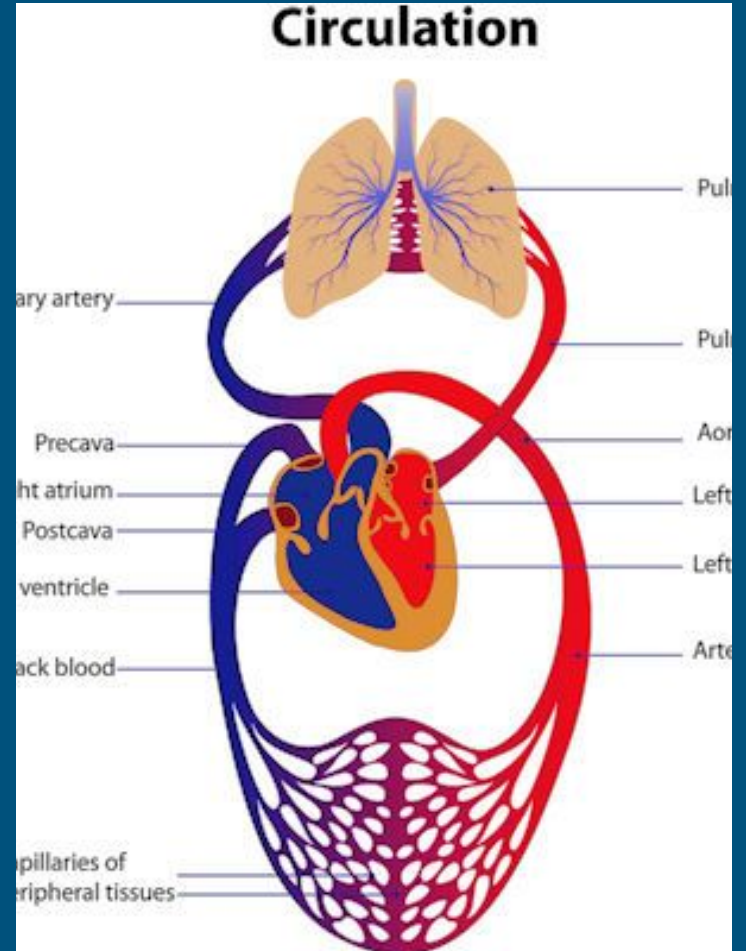


# What are some dangers?

Well like any part of our body things can happen.

- Heart Failure
- Blood Clogs

Find the full list here: <https://goo.gl/ySHM6C>

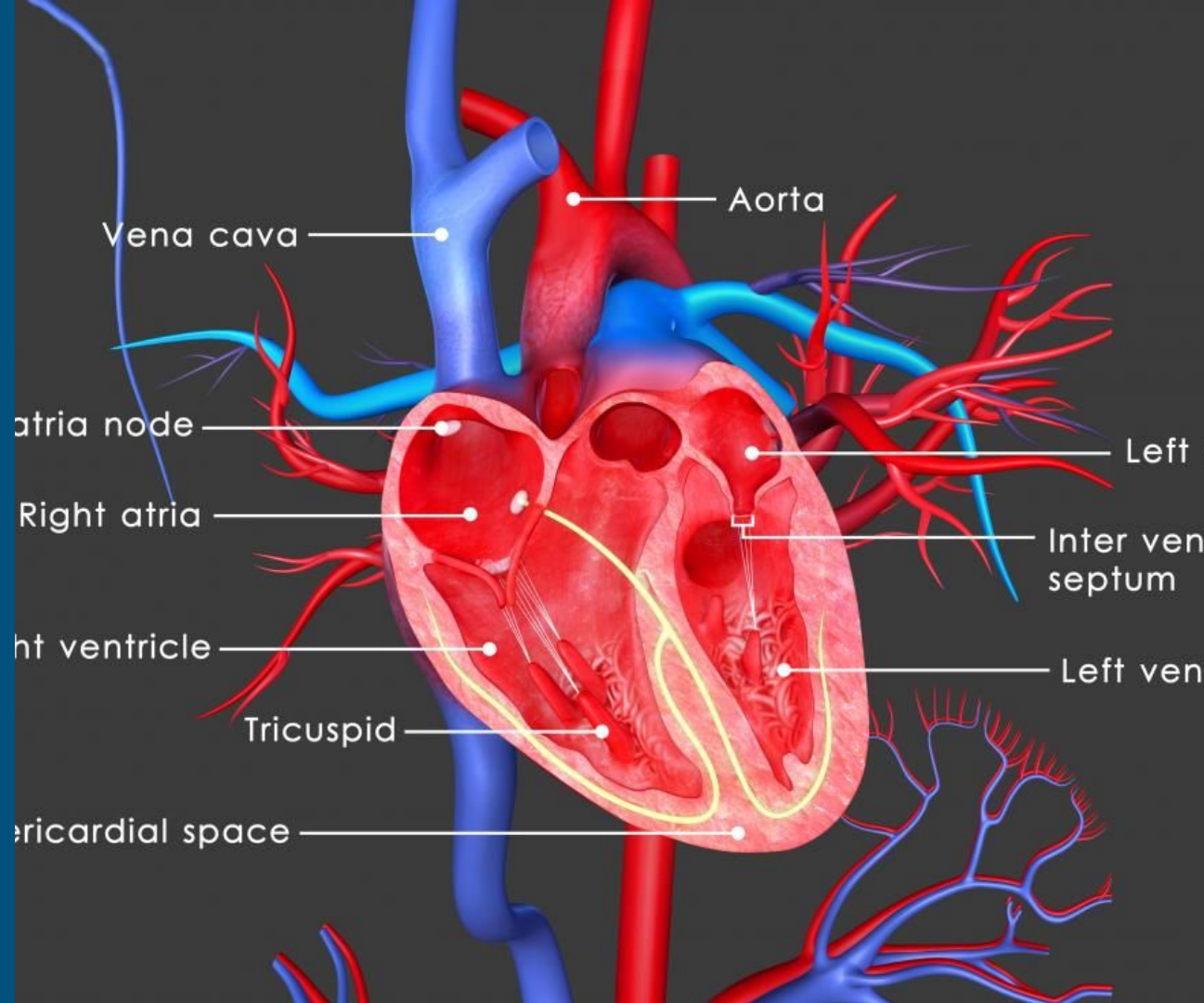


# How to keep the circulatory system healthy?

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- DO NOT SMOKE.
  - Exercise 30 minutes minimum per day (Like I have been saying in all presentations).
  - Have a good food plan and don't overeat.
  - Drink lots of water.
  - Cut down on salt.
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## What is the heart?

The heart is what pumps the blood throughout our bodies. There are four chambers in the heart that help push blood through the body.



# Fun Facts - Circulatory System

There are miles of blood vessels in our body

The sound of the heart is caused by the valves closing.

Within each drop of blood there is around 5 million red blood cells.



# Fun Facts 2

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The heart beats around 2.5 million billion times in someone's life.

Red blood cells move in a single file line

When the body is at rest it takes around 6 seconds to move blood from the heart to the lungs and back

Thank You!