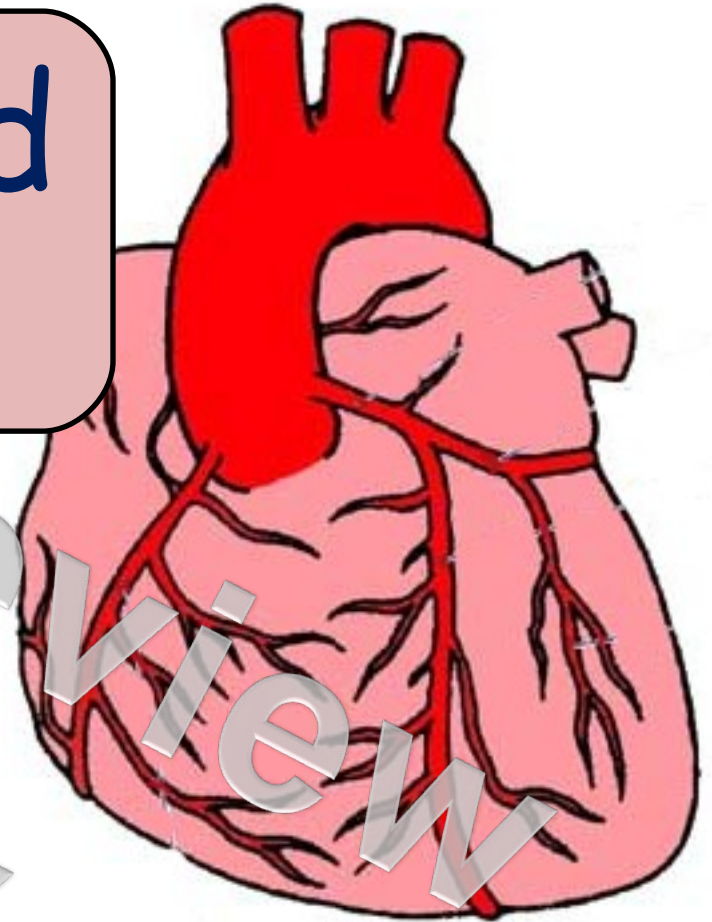
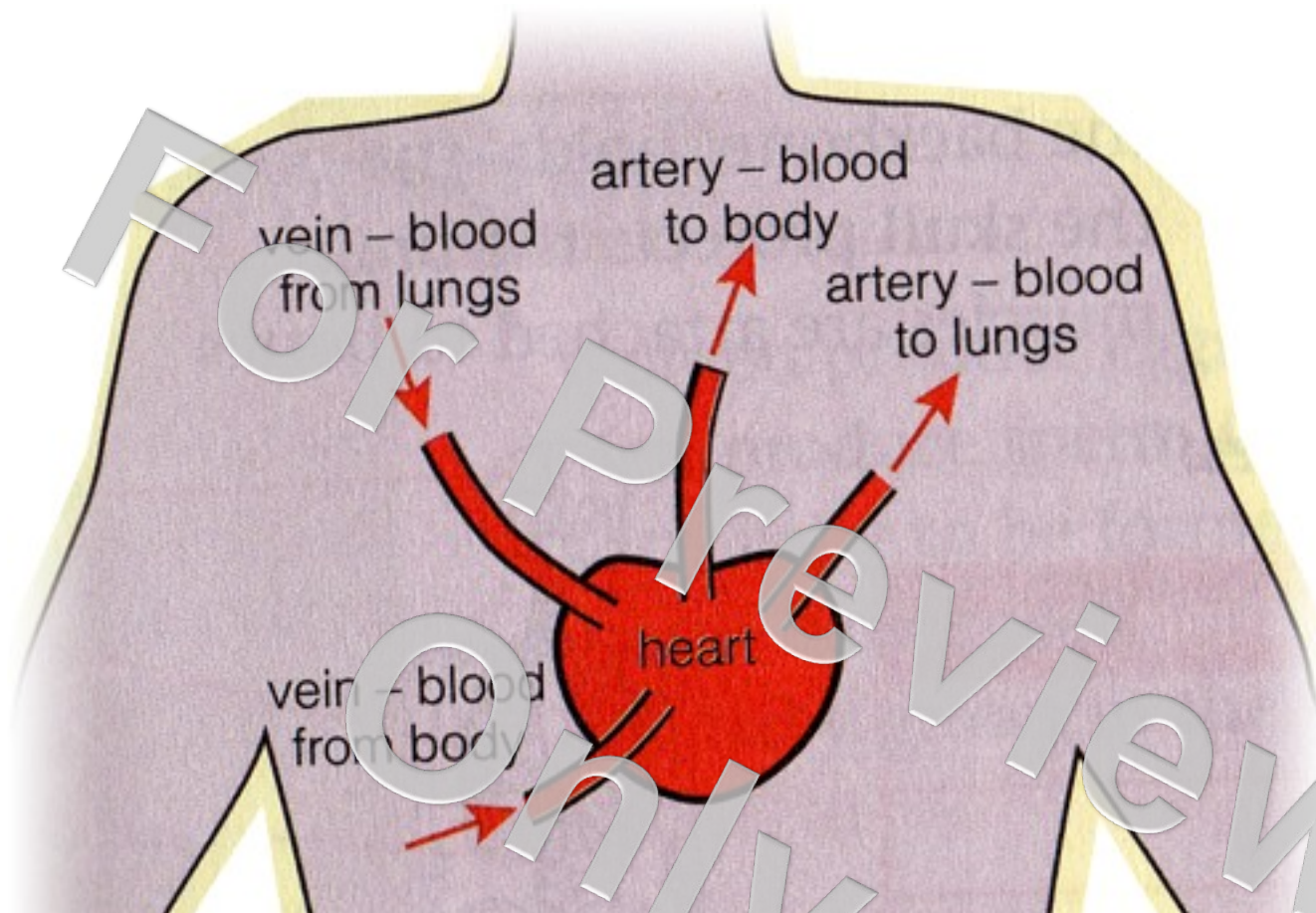


The Heart and Pulse Rate

The heart is a **muscle** which pumps blood around the body. Each time the heart beats you feel a **pulse**.





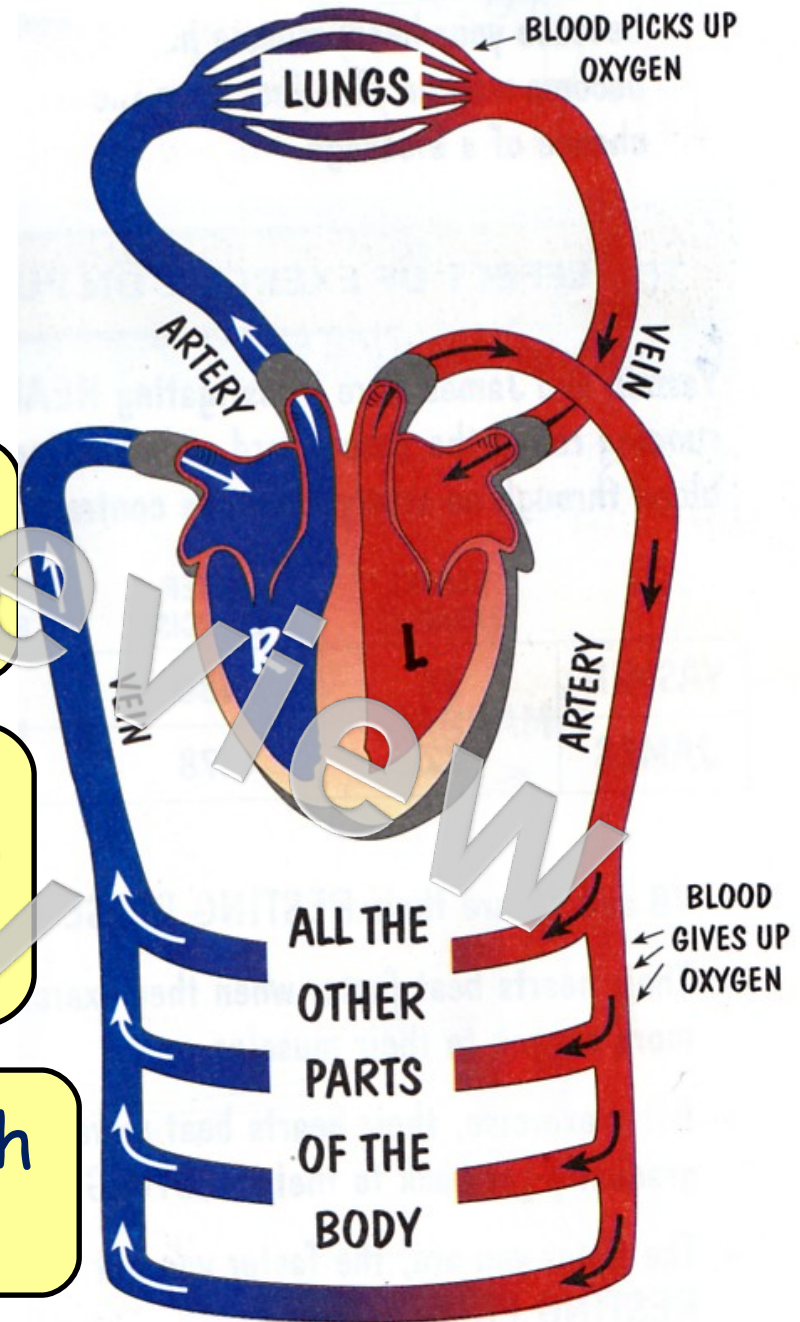
The heart is divided into two. One half pumps blood to the lungs. The other half pumps blood to the rest of the body.

Arteries and Veins

Blood is carried in **blood vessels**.

Arteries are blood vessels which carry blood away from the heart.

Veins are blood vessels which carry blood to the heart.



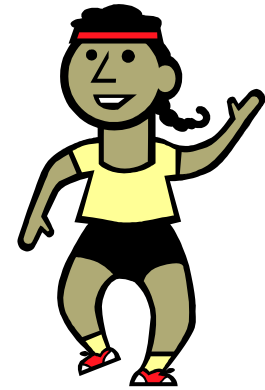
Pulse Rate

You can feel your pulse at the wrist or at the side of your head.

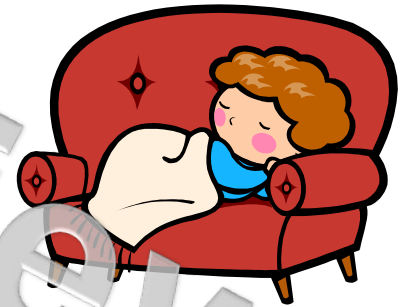


Your pulse tells you how often your heart is beating.

When you exercise the heart beats **faster**. This is because more blood is needed by muscles.



When you are resting or sleeping, the heart beats **slower**.



Activity	Typical Pulse Rate
Resting	80 beats per minute
Walking	100 beats per minute
Running	150 beats per minute