

Did you know
?

The heart pumps blood to every part of your body, from the **very top of your head, to the tip of your toes.**



Blood flowing through your arteries and veins carries oxygen and nutrients to keep you healthy and **help you grow!**



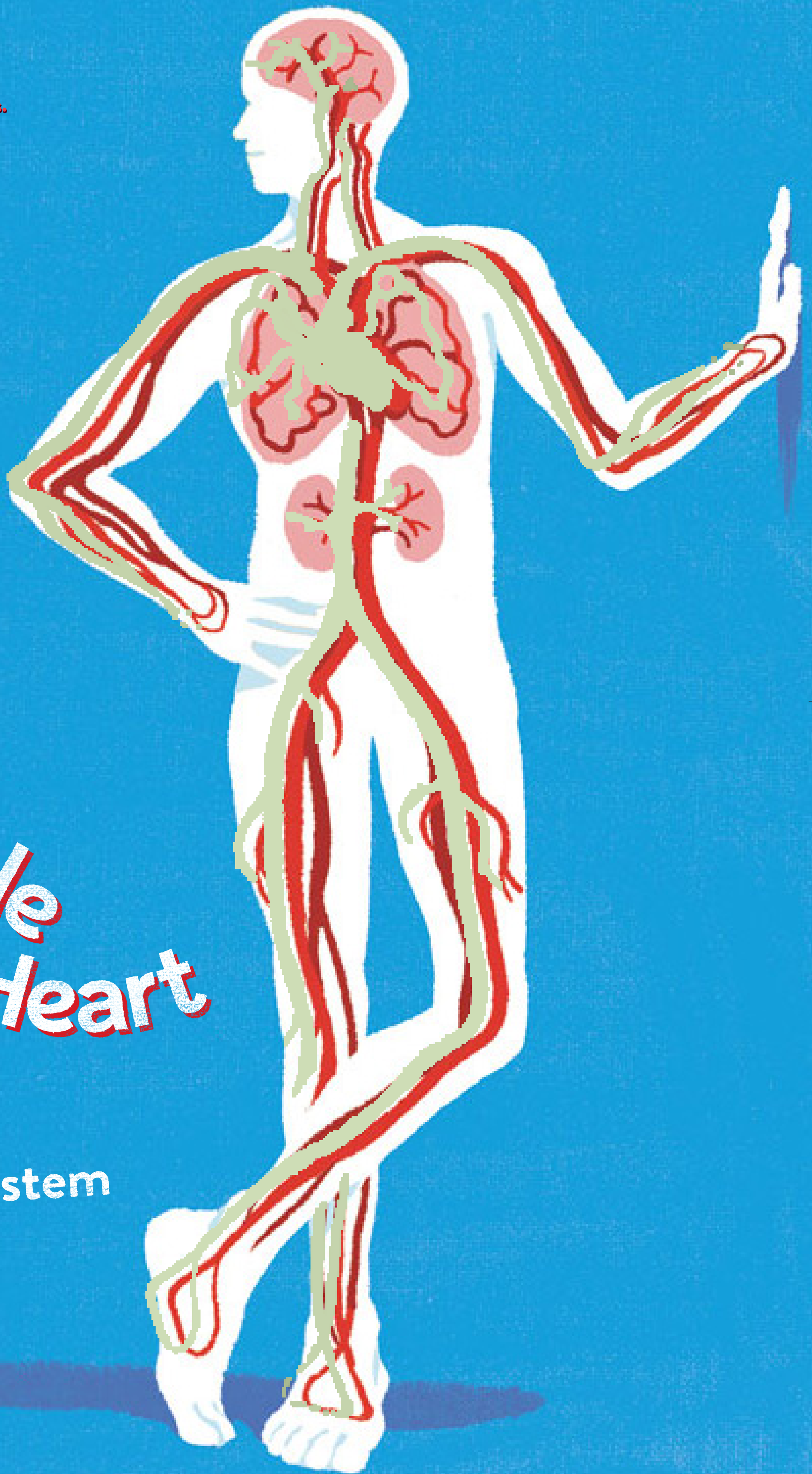
There are around **5 litres of blood** in your body. Do you know how much milk you have in the fridge? Can you work out what 5 litres looks like?



If you laid out all the blood vessels in the human body they would be **60,000 miles long.** That's as far as going to Australia and back again three times.



Your heart beats around 100,000 times a day, **4,000 times an hour** and about 70 times a minute.



Your Incredible Heart and Circulatory System

10 Incredible Facts

about the Heart and Circulatory System

A prawn's heart is in its head...



A blue whale's heart beats 10 times a minute,

but a hummingbird's beats 1,200 times a minute. How fast does your heart beat?

Try this:

Find your pulse by placing your fingers on your wrist like this. Then count how many beats you feel in 60 seconds. How fast does your heart beat after you jump up and down for a minute?



A Mexican cave fish can repair its own heart.

Our scientists are investigating how they do it, so that we can help humans with heart problems.



Octopuses have three hearts...



...whilst jellyfish don't have a heart. That must really sting.

Did you know that a python's heart grows bigger at meal times? They love their



The blue whale has the biggest heart of all...



The heart works incredibly hard; it pumps around

7,200 litres

of blood around your body every day. That's 20 bathtubs of blood!



The blood of octopuses



and lobsters is not red, but blue.

Red blood cells are very well travelled...



A single cell can travel around your entire body in under one minute. Unbelievably, they will make around **250,000** of these trips in their lifetime.

Leeches can drink between 3 and 10 times their body weight in blood.



Yummy!
Yummy!
Yummy!