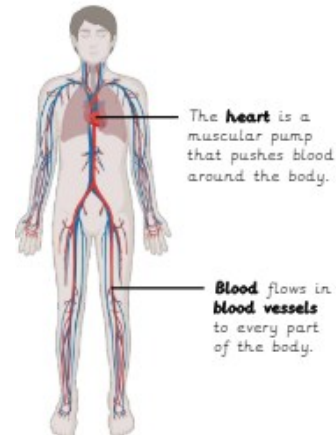


## Factors affecting health

- ⇒ Drugs, changes the way your body works
- ⇒ Hygiene
- ⇒ Exercise, improves your mood
- ⇒ Diet, including all seven nutrients
- ⇒ Alcohol, affect judgment, behavior and reaction times
- ⇒ smoking

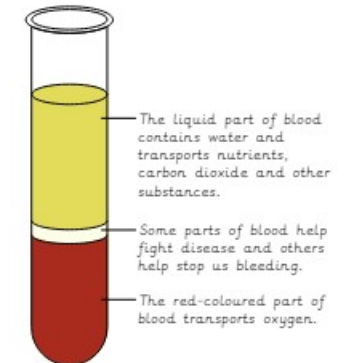
## Circulatory system

The circulatory system is the group of organs that work together to transport substances around the body.



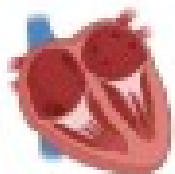
## Blood

Blood is a mixture of lots of different things. It transports useful substances to where they are need and carries waste products away to be removed from the body.



## Heart

The heart is split into two sides- one side pumps blood to the lungs and the other side pumps blood to the body. The heart muscle is under involuntary control to contract and relax so we cannot choose to move it.



## Resting heart rate

The resting heart rate is the number of time the heart beats in one minute when relaxed, sitting or lying down.



## Heart rate and fitness

When we exercise, our heart rate increases. This happens to speed up the transport of substances like oxygen and sugar to the working muscles so they have more energy.

