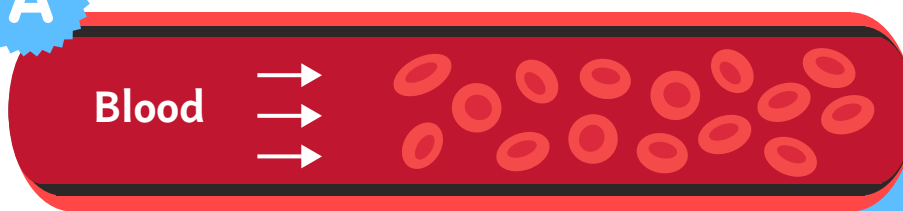


How can you keep your blood vessels happy and healthy?

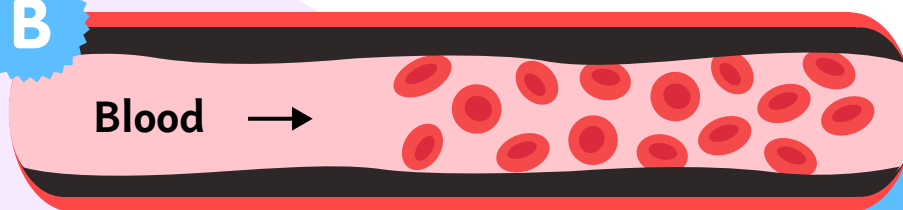
Blood vessels all have a special inside lining that is made from 3 layers called the intima, media and adventicia. When blood vessels start to get old or unhealthy, the lining can get thicker than normal.

A



This is a normal blood vessel. The black line shows the special lining (made from the 3 different layers). In a healthy blood vessel this lining is thin and there is lots of space (the dark red area) for blood to flow through and it's easier for blood to be pumped round the body and to the heart and other important organs.

B



This blood vessel is not so healthy. The lining (black line) is thicker, which means that there is less space for blood to go through and it is harder for blood to be pumped all-round the body. This thickening process can happen gradually as you get older, but there are lots of things you can do to keep your blood vessels looking younger and healthier.

In simple terms, things that make your blood vessels **UNHEALTHY** make the lining **THICKER** and things that make your blood vessels **HEALTHY** make the lining **THINNER**.

Fill out the table below with some things you think might make your blood vessels healthy and some that might make your blood vessels unhealthy.

HEALTHY



UNHEALTHY



Sometimes it can be hard to encourage people to choose healthy options over unhealthy options, even when the goal is to keep your blood vessels young. Can you design a poster to tell people some ideas to keep their blood vessels healthy?

Check your own heart rate

One way to keep your blood vessels young and healthy is to exercise.



30
seconds



Take your index and middle fingers of your left hand and hold them against your wrist, down from the thumb. Can you feel your heart rate? Count it for 30 seconds, then multiple by 2 and write down what it is.

Often, when your body is doing exercise, your heart rate will go up. This is your normal body's response to exercise and shows you are working hard.

Complete the table below with your heart rate doing different activities. Make sure the area has enough space around you to safely do the activities before you start. Which one increases your heart rate the most? Which one increases your heart rate the least?

ACTIVITY

COUNT OVER 30 SECONDS

HEART RATE

(count over 30 seconds x 2)
(beats per minute)



Sitting



Running up and down for 30 seconds



30 seconds star jumps



30 seconds standing on one leg



30 seconds lying down
