



Hygiene

Hygiene means keeping yourself clean and helps stop you from getting ill. Germs are everywhere. Some of them can make us ill.

Good hygiene helps us to stay healthy:

Having a bath or shower.

Washing your face.

Brushing your teeth.

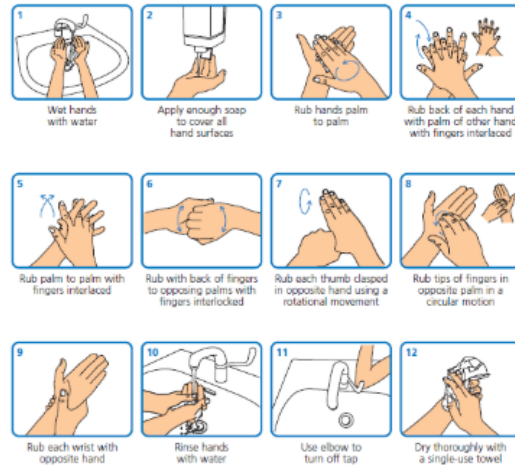
Washing your hands.

Cutting your nails.

Wearing clean clothes.

Hand-washing technique with soap and water

NHS



The Heart

The heart is a muscle that pumps blood around the body. The heart works harder when the body does exercise.

Heart rate can be measured by feeling a pulse. The best place to feel your pulse are on the wrist or neck using two fingers.

How does exercise effect our bodies?

Regular exercise is important to keep the body fit, strong and healthy. Exercise can make people feel good, relax and sleep well.

- We breathe faster to get more oxygen into our bodies.
- Our hearts beat faster so that blood moves around our bodies more quickly.
- We get hot and we sweat to cool down our bodies.

Glossary

Bounce - To spring back, up or away after hitting a surface.

Breathe - To move air into and out of the lungs.

Exercise - Activity that requires physical effort, usually done to improve body strength and health.

Health - Being free from illness or disease.

Heart - The heart is the organ, or body part, that pumps blood through the body.



Heartbeat - A single expansion and contraction of the heart.

Heart rate - The number of times a heart beats per minute.

Muscle - A part of the body that can contract and relax to produce movement.

Pulse - The regular beat of the heart, felt at the wrist or neck.

Stethoscope - A medical instrument used for listening to sounds produced in the body and especially those of the heart and lungs.

