



Circulatory system

Artery	A blood vessel that carries blood away from the heart.
Heart	The organ that pumps blood through the body of a person or animal .
Blood vessels	Any of the tubes in the body through which the blood moves. Arteries, veins, and capillaries are types of blood vessel.
Brain	The organ inside the skull of humans and animals. The brain is the main part of the central nervous system. It controls the body's movements and activities and is the centre of thought, memory, and feelings .
Vein	A small vessel that carries blood to the heart.
Blood	The red liquid containing oxygen and nutrients that pumps through the veins and arteries of humans and many other animals.

Facts about the impact of exercise on the body

- Exercise strengthens muscles - including the heart.
- Exercise improves the circulation of blood around the body.
- It increases the amount of oxygen moving around the body
- Exercise releases chemicals (endorphins) in the brain that can help you feel calm and relaxed.
- It helps you sleep more easily
- It can strengthen your bones

