LOOK AFTER YOUR HEART

Understand your heart and how you can look after it.

FIGHT FOR EVERY HEARTBEAT

bhf.org.uk
Hi! My name is Artie Beat. I’m helping the British Heart Foundation fight heart disease.
Your heart

What happens when our hearts beat?

Inside your body you have a heart, and it is incredible. It’s a strong muscle and it beats constantly, pushing blood around your body. This makes sure that the oxygen from your lungs gets to every part of your body to keep it working properly.

Your heart has 4 separate sections with little valves between them. The valves are like doors that the blood is pushed through. They make sure the blood is flowing through your heart in the right direction.

Scientists from the British Heart Foundation work hard to find out how to improve everyone’s heart health.

The blue blood in the picture is blood that’s had lots of its oxygen used up by the body. This means it needs to go back to the lungs to pick up more.

The red blood has lots of oxygen in, and is ready to carry that oxygen all around your body.

Did you know, a prawn’s heart is in its head.

Your heart beats over 100,000 times a day.
Healthy Hearts

You need your heart to stay healthy. There’s a lot of things you can do to help make sure that it stays strong when you grow up.

Coronary heart disease
There’s quite a few types of heart disease, but one of the main ones is coronary (say cor-in-air-ree) heart disease. No one is born with coronary heart disease, it develops over time. When someone has coronary heart disease the little tubes going to their heart get blocked up with fatty stuff and the blood can’t get through properly. This can cause a heart attack.

There’s lots you can do to help avoid developing coronary heart disease – like eating a balanced diet and being physically active. This booklet tells you all about how to look after your heart.

The British Heart Foundation
Artie Beat and his friends work for the BHF. BHF scientists fight heart disease by finding out all about people’s hearts and how to keep them strong. Right now, we have thousands of research projects that are fighting heart disease. We study everything from how people’s hearts develops before they are born, to how to mend broken hearts in the future.

DID YOU KNOW
Blue whales have a heart as big as a car!

2.3 million people in the UK are living with problems with their heart. Make sure you join the fight against heart disease and help people to stay healthy.

Obesity
When we eat food it gives us energy. Our body needs some of that to keep itself going, to grow and to repair itself. We also use up energy when we are physically active. If you are not active enough or you eat more food than you need, it can make you put on too much weight. If you put a lot of weight on, it can make you obese (say o-bee-s). Being obese is one of the things that can increase the chances of having heart disease as you get older, so make sure you’re active for at least 60 minutes every day.

Your heart and physical activity
Your heart needs you to be physically active so that it will pump harder and stay strong. Pumping harder is good because it helps stop the tubes in your heart getting all clogged up with fatty stuff. To stay healthy, children should be physically active for at least 60 minutes every day. You can do it all in one chunk – like going for a really long bike ride, or you can you can break it up throughout the day – skipping, playing football and that kind of thing.

Sedentary behaviour
Everybody needs to relax now and again. But sitting for several hours at a time is not very good for your heart. If you sit around too much it’s called being sedentary (say sed-en-ter-ree). Being sedentary too much of the time means that your heart isn’t pumping hard enough, so the tubes in your heart could get clogged up with fatty stuff as you get older.
Artie’s tag challenge

Being physically active makes your heart beat faster. Get a friend to do Artie’s tag challenge and find out for yourself!

1. Put your hand flat on the middle of your chest. You might be able to feel your heart beating quite slowly, or you might not be able to feel it at all.

2. Now play tag for at least 10 minutes without stopping. Take it in turns to be ‘it’ for 3 minutes. How many times can you tag people?

3. Put your hand on the middle of your chest again. Can you feel your heart now? Playing tag made your heart beat faster which can make it stronger. Well done!

DID YOU KNOW

Insect hearts are just a tube along their back that pumps blood towards their head!

Get active!

Artie’s tag challenge

Being physically active makes your heart beat faster. Get a friend to do Artie’s tag challenge and find out for yourself!

1. Put your hand flat on the middle of your chest. You might be able to feel your heart beating quite slowly, or you might not be able to feel it at all.

2. Now play tag for at least 10 minutes without stopping. Take it in turns to be ‘it’ for 3 minutes. How many times can you tag people?

3. Put your hand on the middle of your chest again. Can you feel your heart now? Playing tag made your heart beat faster which can make it stronger. Well done!

DID YOU KNOW

Insect hearts are just a tube along their back that pumps blood towards their head!

5 ways to be more active

1. Walk, cycle or scoot somewhere instead of using public transport or a car.
2. Get off the bus a couple of stops early and walk.
3. Have a race across the climbing frames and swings at the park.
4. Play hide and seek in a park, playground or garden.
5. Always go up the stairs – don’t use the lift or escalator.

Make a stethoscope

A stethoscope (say steth-a-scope) is the thing doctors and nurses use to listen to your heart. But you can make your own so that you can listen to other peoples.

You will need:
- a kitchen funnel
- a cardboard tube – like the ones in kitchen towel or toilet rolls
- sticky tape

Step 1
Put the funnel in the tube

Step 2
Use the tape to hold the funnel in place

Step 3
Ask one of your family or a friend to run on the spot for 2 minutes

Step 4
Put the funnel against the middle of their chest and your ear next to the other end of the tube. Can you hear their heartbeat? Well done! You have made a stethoscope!
Smoking is very bad for your heart. When a person smokes, fatty stuff builds up in the tubes in their hearts. This is coronary heart disease, and means that less oxygen is getting to the heart muscle. Also, cigarettes have something called nicotine (say nic-o-teen) in them. Nicotine is addictive (say (ad-dik-tive). That means that every cigarette makes the smoker want more cigarettes. Some people find it hard to give up but giving up is the best thing anyone can do for their heart.

It’s expensive too. A packet of 20 cigarettes costs a whopping £8. That means that someone who smokes 3 packs a week spends over £100 a month or £1,250 a year! That’s a lot of money to send up in smoke!

When someone stops smoking, their health starts to get better. A year after they have stopped, their heart is much healthier than it was as a smoker!

It’s against the law for children and young people to smoke. Now you know how bad smoking is, make sure you never start!

DID YOU KNOW
Hummingbirds have a very fast heart rate–1,500 beats every minute.
No smoking!

Not smoking is one of the most important ways you can look after your heart. Not smoking also helps how you look and feel.

- Smokers can get out of breath and find it harder to be active and do sport.
- Smokers can also get yellow teeth and skin, and it can make them look old and wrinkly too.
- Keep looking and feeling great by staying away from cigarettes.

If anyone in your family smokes, they can go to quit.org.uk to find out how to stop.

FINISH THIS SENTENCE: I will never, ever smoke because...
Everyone needs to eat at least 5 portions of fruit and veg a day. For adults a portion is 80g but for children the amount will change and grow as you do. So think of a portion as about the amount you can fit in the palm of your own hand – your portion size will grow with you!

Low salt
Try not to eat too much salt. Use the information on food packets to find the lowest-salt foods and don’t add salt at the table.

Avoid saturated fat
Foods like doner kebabs, deep fried chicken, sausages, pakoras, bhajis and Jamaican dumplings are often high in saturated (say sat-tur-ate-ed) fat. It’s also in foods like cream, ice-cream, butter, cakes, biscuits and chocolate. Try not to eat these things too often and have small portions when you do.

Balanced meals
Try and have family meals that are made up of:

- starchy foods like wholemeal breads, wholewheat pasta, brown rice or potatoes
- plenty of vegetables and fruit
- some lean protein like chicken, turkey, eggs, lentils, beans or tofu
- some low-fat dairy food like low-fat yoghurt, low-fat cheese and semi-skimmed milk.

You can also have some fatty and sugary foods but keep them to small amounts.

DID YOU KNOW
Out of every 5 children in the UK, only 1 eats their 5 portions of fruit and veg a day? Make sure you do - every day!

Swap shop
Try swapping some of these foods for a healthier option

• Instead of putting salt on your food try lemon juice or black pepper.
• Instead of having cream or ice-cream with your pudding, use low fat yoghurt or custard made with semi-skimmed milk.
• Instead of having crisps, eat homemade popcorn without salt or sugar.
• Instead of having biscuits eat a banana or another piece of fruit.
• Instead of using butter, use a spread or oil made from unsaturated fat.
Food fun!

Make a rainbow sandwich

These super tall sandwiches look amazing when cut into triangles and put on their side.

You will need
• an adult to be your assistant
• a knife
• 2 slices wholemeal bread
• low-fat mayonnaise or unsaturated fat spread like sunflower, soya or olive spread
• lean ham, tinned salmon (not in oil), or beans like kidney beans or baked beans
• sweetcorn, or low-fat cheese
• sliced orange pepper or grated carrot
• 2 lettuce leaves, about the same size as the bread.

Step 1 First spread a thin layer of mayonnaise on both pieces of bread.

Step 2 Now put ham, salmon or beans on top of one slice of the bread.

Step 3 Put a flat lettuce leaf on top and press down.

Step 4 Now put the cheese or sweetcorn layer on.

Step 5 Put another flat lettuce leaf on top and press down.

Step 6 Put a layer of orange pepper or low-fat cheese on the lettuce.

Step 7 Put the second piece of bread on top and press down.

Step 8 Get your adult to cut your sandwich into triangles. Well done, you have made a healthy rainbow sandwich!
Getting a good night’s sleep can help you look after your heart. Good sleep gives you lots of energy so it’s easier for you to be active. If you don’t sleep enough, or you have the kind of night where you keep waking up, it can make you tired in the day.

**DID YOU KNOW**

Your heart beats more slowly at night, but it carries on even when you’re sleeping!

**Ways to make sure you get a good sleep**

- Try not to watch TV or use phones or computers in bed
- Try not to have drinks that have caffeine in like cola, coffee and tea just before bed
- Make sure your bedroom is not too hot
- Keep your bedroom dark and quiet at night

If you’re tired it can be easy to reach for too many unhealthy snacks. Try and snack on fruit and veg instead!

Don’t forget to clean your teeth every morning, and every night before you go to bed.

Look around your bedroom for TVs, bright lights, games, phones and other things that might stop you sleeping well. Ask a grown-up to help you remove them.

**Good night!**

Photocopy this page or download a pdf of this booklet from the publications section of bhf.org.uk. Write in this sleep diary every day for a week. See if getting more hours of sleep helps you to be active and eat well.

**Caffeine**

Caffeine is in coffee, tea, cola and some other fizzy drinks. It’s a stimulant (say stim-you-lant)–which means that it can make you stay awake. Children should try not to have drinks that have caffeine in them because it can stop you from sleeping well.

Try and drink water instead, it’s the best drink for your body. You should have regular drinks over the day. It helps you concentrate and stops you getting headaches.

**Children should sleep about 10 or 11 hours a night.**

**How did you do? Can you do anything differently next week?**
The Artie Beat club

Artie Beat is a heart health superhero helping children take care of their hearts. With his friends, he teaches children all about eating healthily and staying active to keep their hearts strong.

Children can join the Artie Beat club for free and receive a joining pack and four exciting magazines a year. Go to www.cbhf.net to find out more.

TO ORDER ANY OF OUR HEART HEALTH INFORMATION:

Call the BHF orderline on 0870 600 6566  
email: orderline@bhf.org.uk  
visit bhf.org.uk/publications

Artie Beat books

Artie’s museum adventure  
Join Artie Beat and friends on an adventure as they solve riddles about how their bodies work and find the ancient treasure at the heart of the museum. G385

Artie’s carnival adventure  
Have fun with Artie and friends on a carnival adventure as they teach children all about healthy snacks that give you energy and keep your heart healthy. G384

Artie’s safari adventure  
Go on a safari adventure with Artie and friends as they encourage all the animals to get fit and healthy in time for the floods. G383

Artie Beat products

The Artie Beat toy and journal  
Artie Beat is coming to stay! The popular Artie toy comes with a journal designed to be used with groups of up to 40. Classes and clubs take it in turns to take Artie home and record their healthy behaviours then report back to the group. G980

Artie’s museum adventure  
Join Artie Beat and friends on an adventure as they solve riddles about how their bodies work and find the ancient treasure at the heart of the museum. G385

Artie’s carnival adventure  
Have fun with Artie and friends on a carnival adventure as they teach children all about healthy snacks that give you energy and keep your heart healthy. G384

Artie’s safari adventure  
Go on a safari adventure with Artie and friends as they encourage all the animals to get fit and healthy in time for the floods. G383

Artie’s museum adventure  
Join Artie Beat and friends on an adventure as they solve riddles about how their bodies work and find the ancient treasure at the heart of the museum. G385

Artie’s carnival adventure  
Have fun with Artie and friends on a carnival adventure as they teach children all about healthy snacks that give you energy and keep your heart healthy. G384

Artie’s safari adventure  
Go on a safari adventure with Artie and friends as they encourage all the animals to get fit and healthy in time for the floods. G383

Artie Beat’s Lifesavers  
Artie Beat and his friends show children what to do in an emergency situation. This booklet shows how to help someone who is bleeding, choking, unconscious or has pain in their chest. AC16

My Dad’s heart attack:  
This beautifully illustrated book helps children and their families understand what a heart attack is and why someone has had one. It tells the story of Meg and her brother Alfie who are worried when their dad goes into hospital. It shows his steady recovery and the healthy changes the family make to make sure they all take care of their heart health. G1016
For over 50 years we’ve pioneered research that’s transformed the lives of people living with heart and circulatory conditions.

Our work has been central to the discoveries of vital treatments that are changing the fight against heart disease. But so many people still need our help. From babies born with life-threatening heart problems to the many mums, dads and grandparents who survive a heart attack and endure the daily battles of heart failure. Join our fight for every heartbeat in the UK.

Every pound raised, minute of your time and donation to our shops will help make a difference to people’s lives.