

* 1.2. The heart

Put your hand on your chest. Can you feel your **heart** beating? Why does your heart beat? Make a fist with your hand. That's how big your heart is. Your heart is found inside your chest, slightly to the left. It is protected by the ribs.



Your heart is a special muscle. Its job is to pump blood through your body. This process is called **circulation**. Every time the heart muscle squeezes to pump blood, you can feel a heartbeat. It takes less than a minute to pump blood to every part of your body. The heart does this all the time and never stops.