

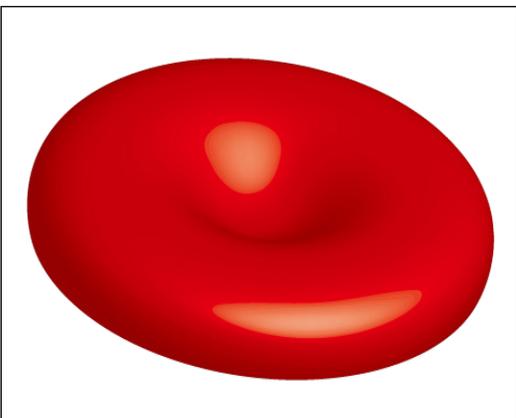


Journey of the Heart



Ah, the heart. Throughout history, this vital organ has been associated with love, courage, strength, and other intangible human attributes. The heart has been referenced in all sorts of literature, from poetry to textbooks. Since February is American Heart Month, take a moment to learn more about this magical organ and the dangers that come when it is threatened by illnesses like heart disease. Hitch a ride with a blood cell to get a first-hand account of how our heart keeps our bodies alive and moving in this *Journey of the Heart* Scavenger Hunt!

Activity



To begin your journey you will be dropped into the heart to meet up with Red, your blood cell tour guide (left). This journey will take you all over your circulatory system, and there's no guarantee it will be a smooth ride. In order to move on from each point in your journey, you must answer the questions posed at each station. So, without further ado, here we go!

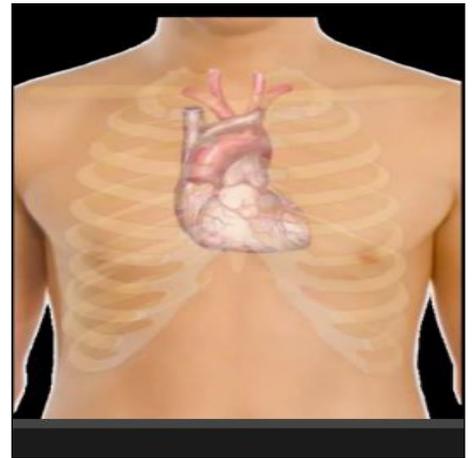
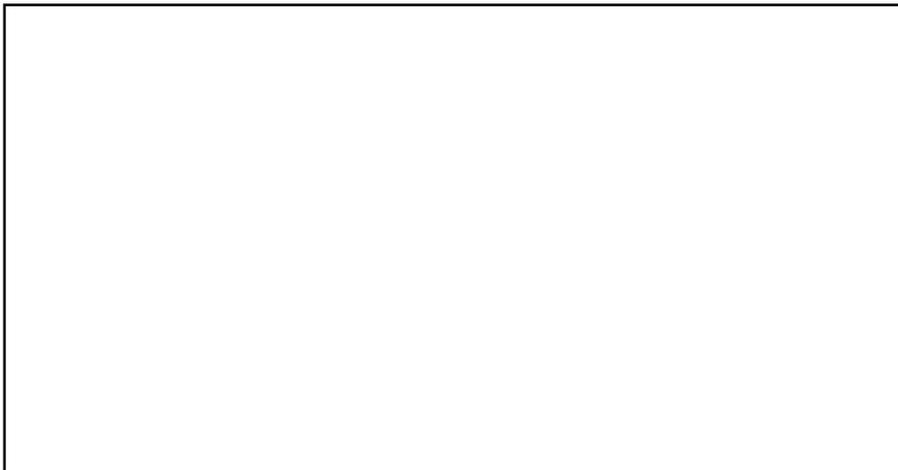


Moving with heart...

Now that you've been dropped into the hardest working organ in the body, it's important to get you quickly acquainted with your surroundings so that you can meet up with your tour guide, Red. Luckily for you, a toe cell has volunteered to tell you where your rendezvous point is located. But there's a price. This cell needs two major things before she can send you to Red...

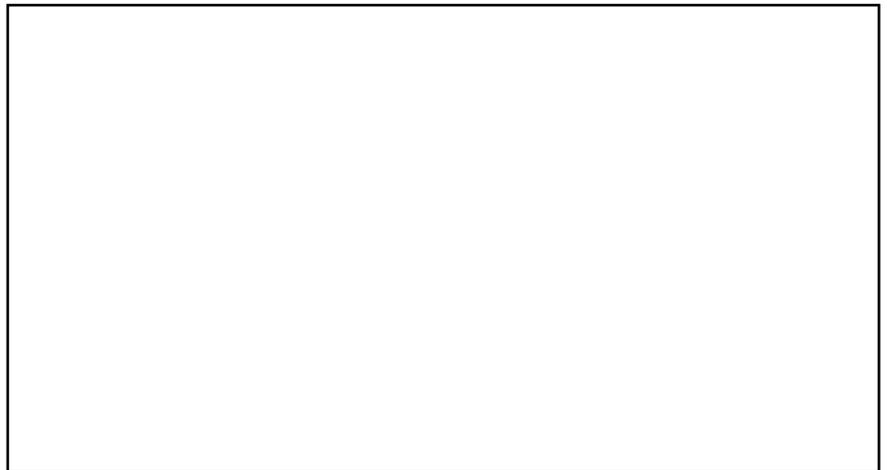
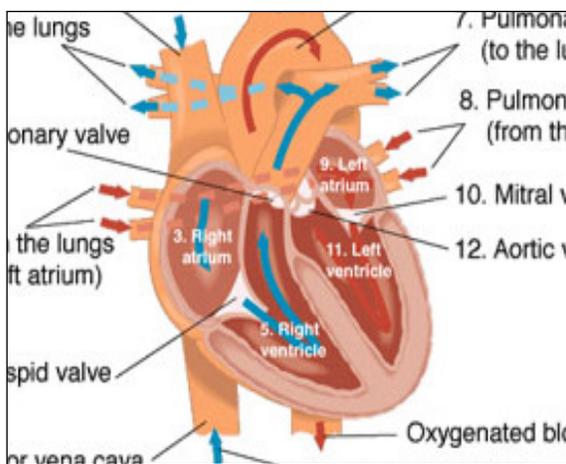
What are the two major things that blood flow does for each cell in the body?

(Hint: <http://bit.ly/1bqxn6>)



Now that you have found out what the toe cell needs, you are told to meet Red in the *aorta*. Where is the aorta, and how many places do you have to visit to get there?

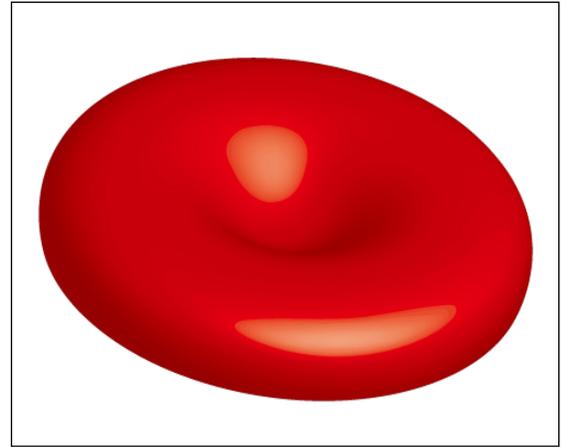
(Hint: <http://bit.ly/1doKBfQ>)





Now that you've met Red in the aorta, you realize that you are on your way out into the body. Where are you and Red headed first? (Get it?)

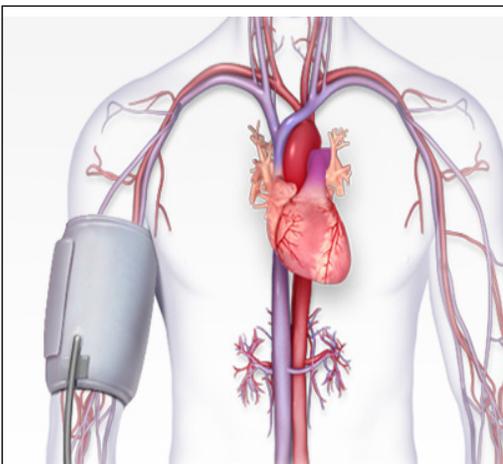
(Hint: <http://bit.ly/1frk5oK>)



Now that you've made your first stop on your circulatory journey, you become aware that something is not quite right about your surroundings—the pressure in the artery is getting a little intense. You have encountered high blood pressure!

To help your pal Red avert the danger of high blood pressure, you must tell the body the difference between systolic and diastolic pressure and give the healthy numbers for each.

(Hint: <http://bit.ly/1f87Rmq>)





Oh no! You're not out of the woods yet! The pressure in the artery may be gone, but you and Red come almost to a screeching halt... What on earth is causing this roadblock, and how did it get there?

(Hint: <http://bit.ly/1bZE0sG>)

It becomes clear to you that the body you're in is not the healthiest environment for the heart. Can you give three recommendations to create a healthier heart?

(Hint: <http://bit.ly/JO79it>)

Whew! You have finally made it through your journey despite a few bumps in the road. Now that you are an expert at matters of the heart, it's time to think about your own blood-pumping power center. Now that you know exactly what it takes to keep your heart healthy, celebrate American Heart Month by setting three heart-related goals for February.

Goal #1 _____

Goal #2 _____

Goal #3 _____

Now that you have set your goals, don't keep them to yourself! Head over to our blog to share your goals and support other members of our heart-conscious community!

<http://stem-worksblog.com/scavenger-hunts/journey-of-the-heart/>