



# Fit and Healthy: Heart, Lungs, and Hormones (How Your Body Works)

*Thomas Canavan*

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Being active is essential to keeping the heart and lungs healthy. Those two organs have a lot to do with the overall health of the body, and they need to be taken care of! Readers discover the intricacies of the circulatory and respiratory systems in this volume. Full-color photographs and diagrams illustrate main content that describes how the heart works, the gas exchange in alveoli, facts about exercise and the body, and more. Fascinating facts and relatable examples keep readers engaged with curriculum-supporting content and emphasize the importance of exercise to the body.

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