

SAHIBBHARSH BATCH



CHAPTER- CIRCULATORY SYSTEM

BATCH- 2025-2026

FOR A HEALTHY HEART

Healthy food habits and regular exercise help to keep our heart healthy. We should eat a balanced diet. We should avoid eating junk food such as chips, colas, ice creams and noodles. Fatty and sugary foods are not good for the heart. We should exercise regularly. Some good forms of exercise are jogging, brisk walking, cycling and swimming. We can also get enough exercise by playing outdoor games. When we exercise, more blood is pumped throughout the body. Thus, more oxygen reaches different parts of the body.

YOGA FOR A HEALTH

Yoga is very good for the mind and the body. It involves relaxing in a posture while focusing on deep breathing. Deep breathing benefits our respiratory system the most, which in turn helps in the functioning of the heart. Certain yoga asanas help to make the healthier and improve Blood circulation.

THANK YOU

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padhle-
champs.netlify.app