

Name: _____

Your Heart

Anticipation Guide

Before

True or False

After

True or False

_____ 1. Your heart is closest to the right side of your chest. _____

_____ 2. Your heart is about as big as your fist. _____

_____ 3. Your heart is a strong muscle. _____

_____ 4. Your heart beats slower when you exercise. _____

_____ 5. A big animal's heart beats more slowly than a little animal's. _____

_____ 6. You should exercise for 30 to 60 minutes most days of the week. _____