THE HEART

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FUNCTION OF THE HEART

The heart goal is to give your body blood.
THE HEART IS A CRADICE MUSCLE

The heart has a cell with two nuclei,
With branched cells
The heart cell has striated cells.
KEY PARTS OF THE HEART

The right atrium
The left atrium
The right ventricle
The left ventricle
CAUSES OF BAD HEART HEALTH

You can damage your heart with poor eating habits.

Smoking can damage heart due to damaged lungs which leads to poor breathing, meaning less oxygen to the heart.
The striated appearance of skeletal muscle tissue is a result of repeating bands of the proteins actin and myosin that are present along the length of myofibrils. Dark A bands and light I bands repeat along myofibrils, and the alignment of myofibrils in the cell causes the entire cell to appear striated or banded.
NERVE PATTERNS OF THE HEART

The heart gets all its commands from the brain
KEEPING A HEALTHY HEART

Cardiac exercise keeps your heart beating fast to get the blood everywhere it needs to go.

The heart cannot handle lots of food at one time, for example at Thanksgiving.
CITATIONS

https://www.ucihealth.org/blog/2017/02/how-to-strengthen-heart


https://www.healthline.com/health/cardiac-muscle-tissue#function