

Q: What is the most important muscle in the body that never stops working?

A: The Heart

Q: What will make your heart muscle stronger?

A: Exercise at least 60 minutes a day

Q: What color is blood that has a lot of oxygen?

A: Bright red

Q: What are some things that are **not** good for your heart?

A: Smoking, not exercising, eating unhealthy food

Q: What tool does a doctor use to listen to your heart?

A: Stethoscope (Steth-o-scope)

Q: What is the heart's job?

A: It pumps blood all over your body?