

## Podcast Script: How Our Major Body Organs Work and Staying Healthy

Today, we're taking a fascinating journey inside the human body. Have you ever wondered how your heart keeps beating, how your lungs help you breathe, or how your stomach digests your food? Let's explore how the major organs in our body work and learn what we can do to keep them healthy.

Let's start with your heart. The heart is like a pump that keeps your blood moving. It beats about 100,000 times a day to send blood containing oxygen and nutrients to every part of your body. Muscles only work properly if they are kept exercised. The heart is a muscle. To keep your heart healthy, you need regular exercise. Activities like walking the dog, playing sports, or even dancing make your heart stronger. And don't forget a balanced diet. Muscles especially need protein, vitamins and minerals to replace cells as they get worn out. Eating fruits, vegetables, and whole grains helps your heart stay in great shape.

Next up, your lungs. Your lungs are like balloons inside your chest. They fill with air when you breathe in and let air out when you breathe out. The oxygen from the air goes into your blood, and carbon dioxide, a waste gas, is pushed out. To keep your lungs healthy, avoid smoking and breathe clean air. Exercising also helps your lungs work

more efficiently. That is because otherwise stale air can just remain in the bottom part of your lungs. Exercise - even deep breathing - clears them out.

Now let's talk about your stomach and gut. Your stomach breaks down the food you eat into tiny pieces that your body can use for energy. It does this with the help of stomach acid and enzymes. But it is not the main place where you absorb nourishment. That happens in the gut - a long tube circled up below your stomach. The first part of that gut - the small intestine is where that happens. It also contains bacteria and other microbes who also break down food and allow it to flow through the gut walls. Then the food passes to the large intestine. Now that is waste, so it needs to be brushed out. That is the job of fiber, and that is why we need to eat foods with fiber. We need our gut to remove all wastes regularly or some of it can go bad. To keep your digestive system healthy, eat a variety of foods, including fiber-rich fruits and vegetables. Drinking plenty of water rather than soft drinks with sugar also helps everything run smoothly.

Moving on to your brain. Your brain is like the control center of your body. It helps you think, remember, and control your movements. To keep your brain sharp, get plenty of sleep and stay hydrated. Foods like nuts, fish, and berries are great brain boosters. And don't forget to challenge your brain by learning new things, like computing, solving puzzles or playing a musical instrument.

Let's not forget your muscles and bones. They work together to help you move. Remember bones are alive. They produce new blood cells to replace those that come to the end of their lives. And, perhaps amazingly, they benefit from exercise just like your muscles. Because bone is a living tissue, it reacts to increases in loads and forces by growing stronger. So you need to do impact exercises, such as jumping, as well as endurance exercise to keep your bones from getting smaller and weaker, and as you grow, to make sure your bones grow big and strong. Being a couch potato when you are young is the worst thing you can do for your bones. Strong bones need calcium, which you can get from milk, cheese, and leafy greens. And, as we said before, to keep your muscles strong, stay active. Regular exercise, like playing sports or riding your bike, keeps both your bones and muscles in top shape.

Now, what about excess fat? If we eat too much energy food, such as fat and sugar such as is found in chips or sweets, the energy we don't use immediately gets stored as fat. While some fat is necessary for your body, too much can put stress on your heart, liver, and other organs. That's why it's important to balance what you eat and stay active to burn off extra energy.

Another important part of staying healthy is cleanliness. Cleanliness is mainly about keeping excess germs at bay, not all germs. Our bodies need

to experience some germs so they can learn how to fight them. But if they get overwhelmed by germs we can become sick. So it's a balance. Washing your hands goes a long way to prevent excess germs on things you touch, such as public door handles, being conveyed to your food and so get into your body. The some parts of your body, such as teeth can build up too much bacteria if you don't clean them regularly, and that will lead to tooth decay.

Let's recap what we've learned today. Your heart pumps blood, your lungs help you breathe, your stomach and gut digests food, and your brain controls everything you do. To keep these organs healthy, eat a balanced diet, exercise regularly, and maintain good hygiene. Remember, your body works best by making sure it is kept working hard and not given too much fat.