Do you know the LUB-DUB song?
This book belongs to:
Do you know the
LUB-DUB song?

written by Tera Anderson, CHES
illustrated by Georgia Murphy
Do you know where your heart is?
If you had to guess, where would it be? Would it be your knee? How about your elbow?
Nooooo. Your heart is in your chest! Can you put your hand over your heart?

Can you feel your heart beating?
Another way you can feel your heart beating is by taking your fingers and pressing gently on your wrist below your thumb. This is called your pulse!

Can you say pulse?
Can you say LUB DUB?

Your doctor listens to your heart with a stethoscope. She hears “LUB DUB” when she listens to your heart. The LUB DUB is a song your heart sings.

Can you say LUB DUB?
If you can hear your heart singing and feel your heart beating, then how big is your heart?
Make your hand into a fist. This is about how big your heart is!

Your heart may not be very big, but your heart is a strong muscle. Your heart sings the LUB-DUB song all of the time. It never gets tired!
When you are sitting on the floor or sleeping in your bed, your heart sings a slow song.

Can you feel your heart right now? Is the beat fast or slow?
When you run and play outside your heart sings. It’s rocking and rapping! Jumping, running, swinging, swimming, and climbing makes your heart sing, “LUB DUB, LUB DUB, LUB DUB!”
What else can you do to keep your heart singing?
Eating healthy foods like fruits and vegetables helps your heart sing.

Here are some healthy foods. Which do you like?
Maybe you like whole grain cereal or bananas? Maybe you even like both?

Are there some healthy foods you haven’t tried and you want to try?
Next time you get groceries with a grown up, count how many healthy foods go in the cart.
When you like to eat healthy foods, just know your heart will like them too.

Healthy foods help your heart sing LUB DUB.
So keep your heart singing, rocking, and rapping the LUB-DUB song!
Every day **play** inside.

Play hard **outside**.

And **eat** yummy, healthy food.
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