

AN ADVENTURE WITH
CAPTAIN HEART!







OOH YAY, BREAK TIME! THIS FIZZY DRINK IS JUST WHAT I NEED IN THIS HEAT.

ARE YOU OK CAROL?

JUST FEELING A BIT TIRED. HMM, THESE SWEETS SHOULD GIVE ME LOTS OF ENERGY.

BURGER AND FRIES, MY FAVOURITE! WHO WANTS SOME?



LATER

SEE YOU TOMORROW GUYS!

LATER THAT EVENING

CAROL, CAROL,
WHY ARE YOU
HURTING ME?

HUH,
WHO IS THERE?
I'M NOT HURTING
ANYBODY...

IT'S ME, CAPTAIN HEART. YOUR
EATING HABITS AND LIFESTYLE
IS HARMING YOUR HEART
AND HEALTH.

WHAT!?
I DIDN'T KNOW
THAT!

HOP IN, LET'S GO FOR A
DRIVE AND I WILL SHOW
YOU WHAT'S GOING ON,
ON THE INSIDE.

SNAP!

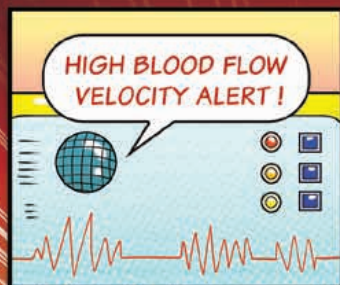
IS IT JUST
ME OR IS THIS
A BIT GROSS?

OH, WOW!

CHECK
OUT THESE
WHEELS!

BLOOD MOVES THROUGH YOUR BODY IN A SYSTEM OF ARTERIES AND VEINS. IT'S LIKE THE HIGHWAYS AND ROADS OF A CITY THAT CONNECTS ALL PLACES. YOUR HEART PUMPS BLOOD THROUGH THE VESSELS TO ALL THE DIFFERENT PARTS OF YOUR BODY AND BACK AGAIN.





**WOAH,
WHY ARE WE
GOING SO FAST
NOW?**

**SLOW DOWN!
WE ARE GOING TO
CRASH, WE CAN'T MOVE
INTO THE ORGANS
AT THIS SPEED!**

EEEEK!

**WHEN BLOOD IS UNDER PRESSURE FROM STIFF AND
NARROW VESSELS IT WILL MOVE FASTER THAN USUAL.
FAST-MOVING BLOOD WILL DAMAGE YOUR HEART OVER
TIME. DOCTORS CAN DO SEVERAL TESTS TO SEE HOW
WELL YOUR HEART IS COPING.**

BLOOD PRESSURE



BODY MASS INDEX



PULSE WAVE VELOCITY





IT'S NOT THAT HARD REALLY. CHOOSING HEALTHY FOODS INSTEAD OF JUNK FOOD WILL PREVENT BLOOD VESSELS FROM CLOGGING UP. YOUR HEART IS A MUSCLE. REGULAR EXERCISE KEEPS IT STRONG AND HELPS TO KEEP BLOOD VESSELS CLEAN AND OPEN FOR BLOOD TO MOVE THROUGH. YOU CAN BE A HEART HERO BY REMINDING YOUR PARENTS TO CHOOSE HEALTHY FOOD WHEN YOU GO SHOPPING. WHY NOT HELP TO PREPARE AND COOK HEALTHY MEALS AND SNACKS?



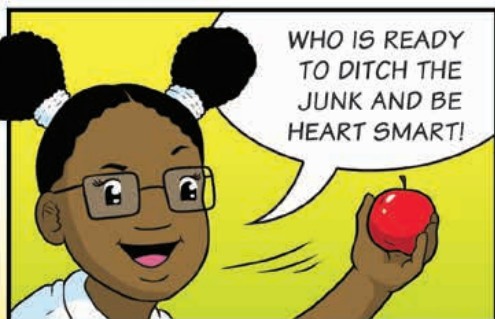
TAKING CARE OF YOUR HEART WILL KEEP YOU HEALTHY AND STRONG!



**HIGH FIVE!
WE CAN DO THAT!
THAT'S A DEAL!**



NEXT DAY AT SCHOOL







ExAMIN Youth SA

The Exercise, Arterial Modulation and Nutrition in Youth South Africa Study

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*Hypertension in Africa
Research Team (HART)*