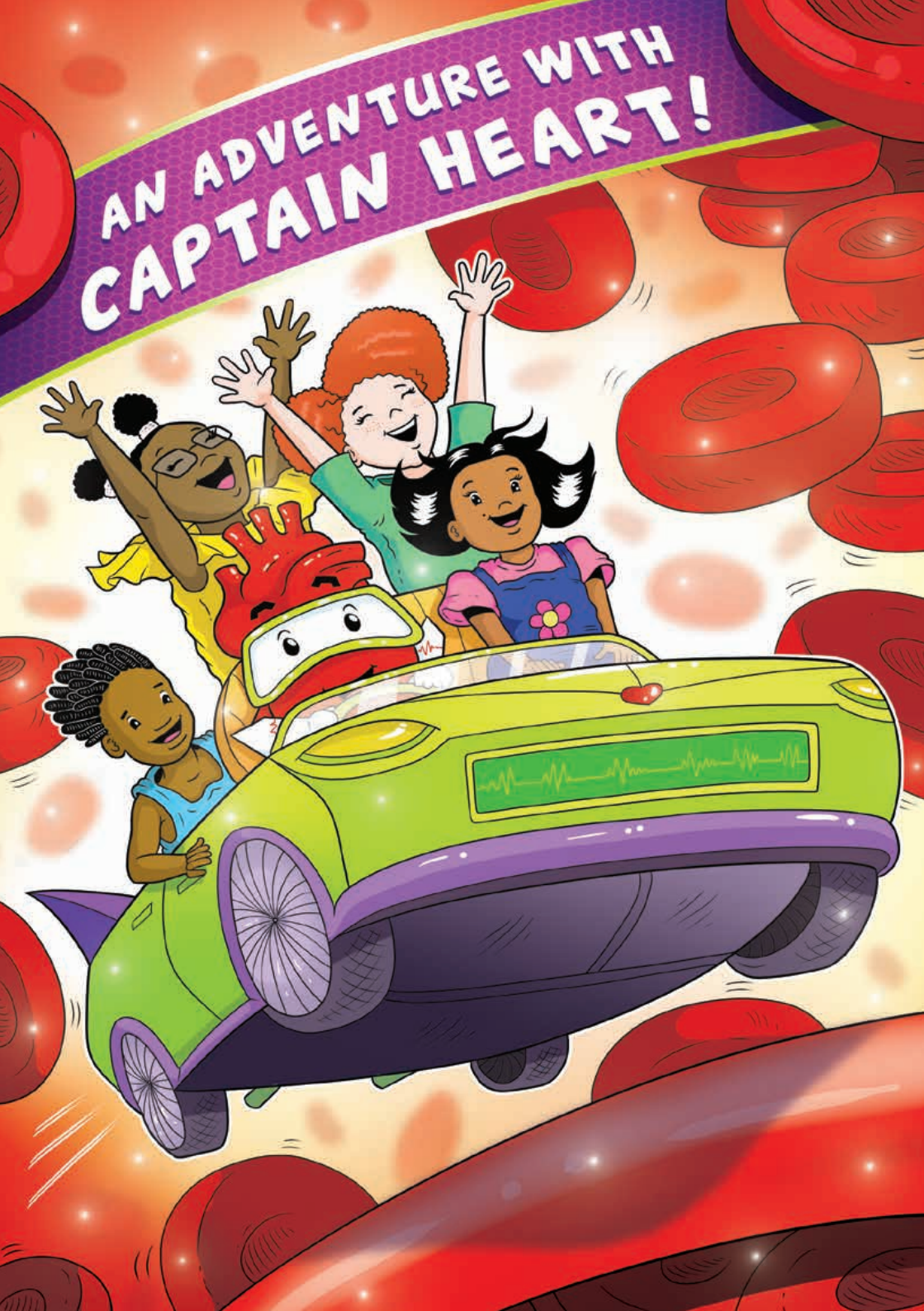


AN ADVENTURE WITH
CAPTAIN HEART!







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.

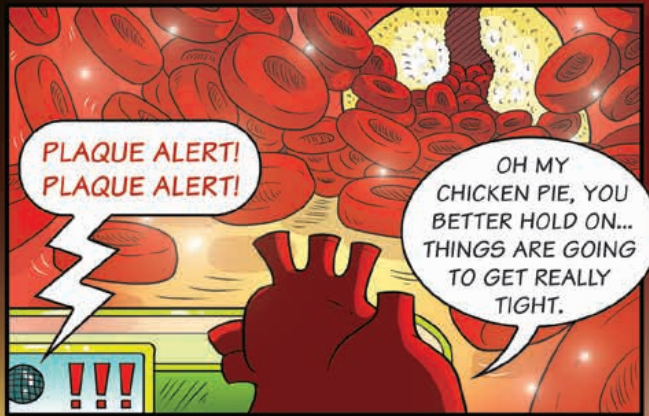
SNAP!

IS IT JUST
ME OR IS THIS
A BIT GROSS?

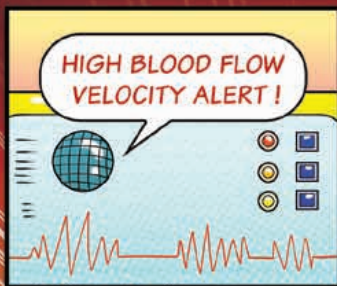
OH, WOW!

CHECK
OUT THESE
WHEELS!

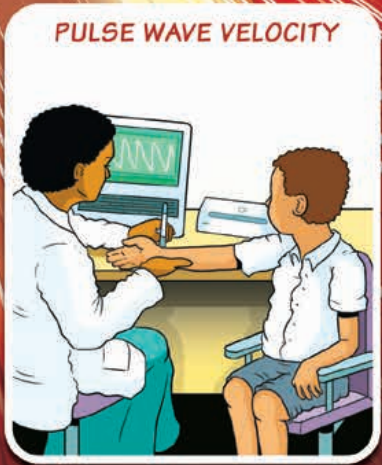
BLOOD MOVES THROUGH YOUR BODY IN A SYSTEM OF ARTERIES AND VEINS. IT'S LIKE THE HIGHWAYS AND ROADS OF A CITY THAT CONNECTS ALL PLACES. YOUR HEART PUMPS BLOOD THROUGH THE VESSELS TO ALL THE DIFFERENT PARTS OF YOUR BODY AND BACK AGAIN.



BLOOD VESSELS BECOME CLOGGED WHEN A GREASY MATERIAL CALLED PLAQUE FORMS ON THE INNER WALLS. THIS HAPPENS WHEN A PERSON EATS LOTS OF SUGARY OR FATTY FOODS, IS NOT ACTIVE ENOUGH OR HAS UNHEALTHY HABITS LIKE SMOKING. PLAQUE NARROWS THE SPACE FOR BLOOD TO MOVE THROUGH AND MAKES THE BLOOD VESSELS STIFF. THIS IS BAD NEWS FOR YOUR HEART... IT COULD MEAN A HEART ATTACK OR STROKE.



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.





OH, CAPTAIN HEART! WE HAD NO IDEA!

WHAT CAN WE DO TO STOP HURTING OUR HEARTS?

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?



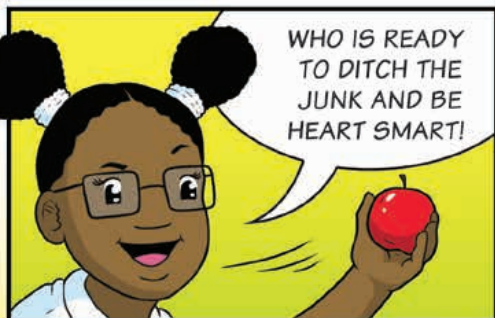
TAKING CARE OF YOUR HEART WILL KEEP YOU HEALTHY AND STRONG!

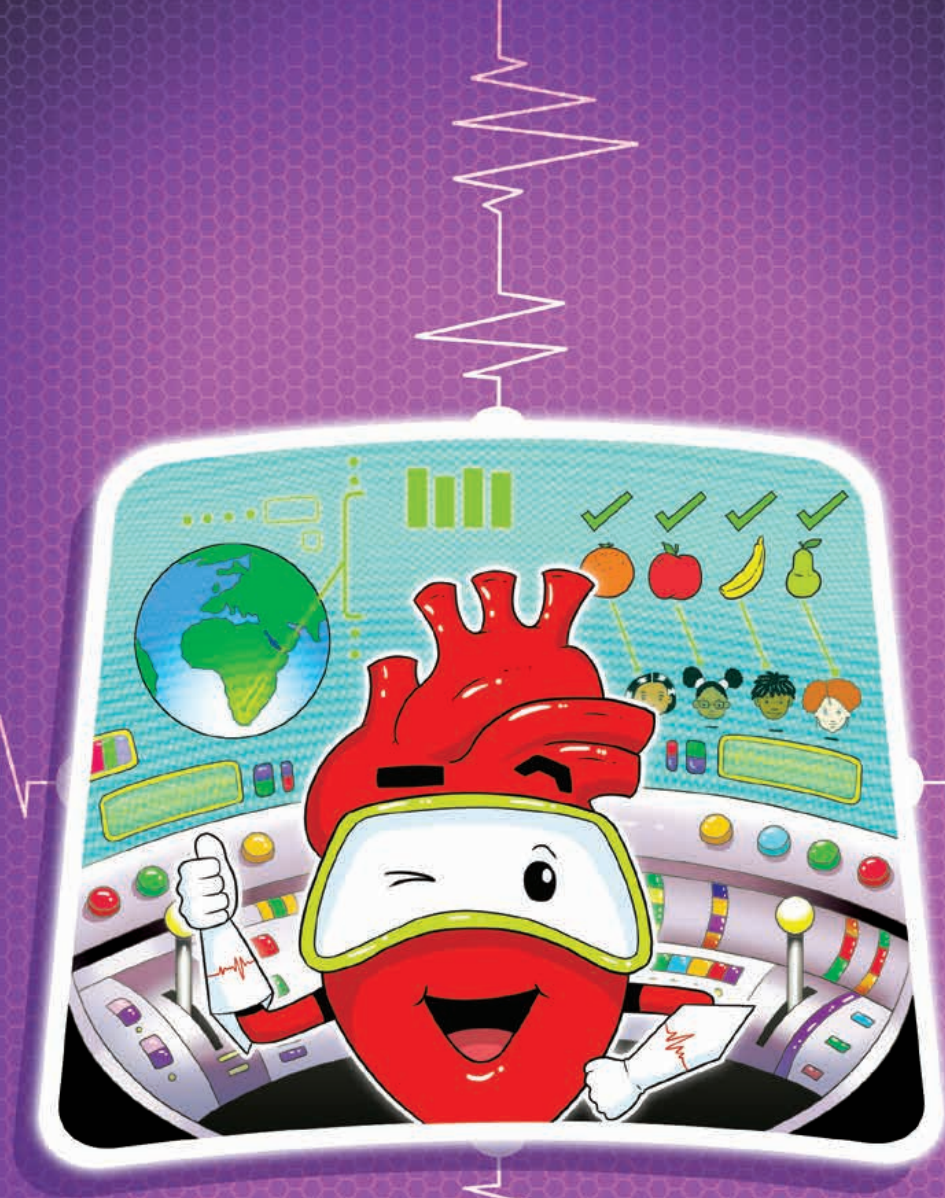


**HIGH FIVE!
WE CAN DO THAT!
THAT'S A DEAL!**



NEXT DAY AT SCHOOL







ExAMIN Youth SA

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

The ExAMIN Youth SA study is funded by the National Research Foundation of South Africa (Grant Numbers: 86895 and 112141) and the South African Medical Research Council Self-initiated Research grant. Opinions, findings and conclusions or recommendations expressed in any publication generated by the NRF supported research is that of the author(s) alone, and the NRF accepts no liability whatsoever in this regard.



Hypertension in Africa
Research Team (HART)