

HEALTH TIPS

from Rosie Roo



Hi Friend,

We're focusing on YOU this month! Do you know key parts of your body and how you can keep it running smoothly? If not, that's OK! I'll tell you all about it!



BRAIN

The brain is the boss of your body! It runs the show. It's controlling everything you do, even when you sleep. The brain has lots of different parts. They all have special jobs. Each part controls something, whether it's your emotions or your breathing or anything else.

HEART

Your heart is one of the most important muscles in your body. It's special because it moves your blood. That gives your body the oxygen it needs. The heart is a little to the left of the middle of your chest and is about the size of your fist. Your heart is one hard worker, too! It works all day to make sure you get all the best nutrients to different parts of your body.

LUNGS

Your lungs are also very important! They are responsible for the one thing you need to get oxygen to your body – BREATHING! Your lungs work to make sure you take in fresh air and get rid of old air. They even help you talk! Your lungs are pretty big. They take up almost all the room in your chest except for where your heart goes. And they're so important they get special protection. Your ribs – all 12 of them – are meant to keep your lungs safe and sound!



ASK (About Special Kids)

MHS is proud to have About Special Kids (ASK) as our partner in the Healthy Kids Club. ASK works to help children with special needs live better lives. They help families that have a child with special needs find services and people that can help them. Call ASK at 1-800-964-4746. Find out more at aboutspeakkids.org.



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