

Name: \_\_\_\_\_

Fill in the blank with the correct word to make the statements true.

alveoli	contract	circulatory
capillaries	strength	Carbon dioxide
aerobic	diaphragm	sacs
expand	capacity	oxygen

\_\_\_\_\_ exercises increase the ability of the \_\_\_\_\_ system to transport and process oxygen. Aerobic exercises increase the \_\_\_\_\_ of your heart so that it has to beat fewer times each day. When you are physically active, your lungs increase their \_\_\_\_\_ by expanding more and with greater force. The capacity of your lungs is managed/controlled by the respiratory muscles and the condition of the \_\_\_\_\_. These are tiny air \_\_\_\_\_ in your lungs. When you inhale, your lungs \_\_\_\_\_, and when you exhale, your lungs \_\_\_\_\_. The dome-shaped muscle below your lungs is called a \_\_\_\_\_. The alveolus in the lungs is surrounded by blood vessels called \_\_\_\_\_. The capillaries accept \_\_\_\_\_ from the alveoli (lungs) and the alveoli accepts \_\_\_\_\_ through this exchange.

Name **THREE** common aerobic exercises.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

