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

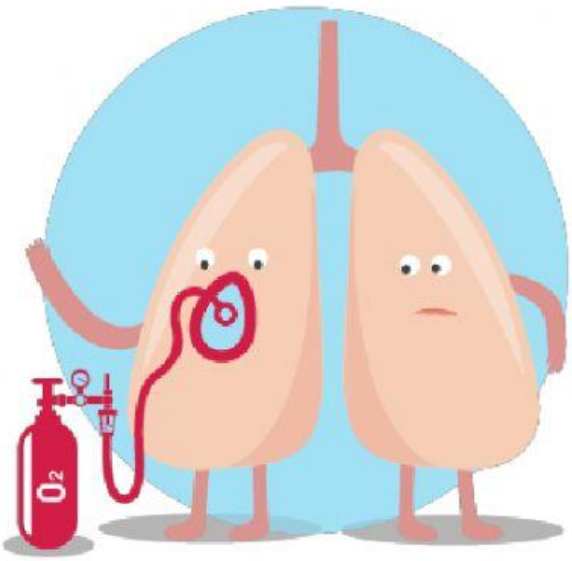
_____ exercises increase the ability of the _____ system to transport and process oxygen. Aerobic exercises increase the _____ of your heart so that it has to beat fewer times each day. When you are physically active, your lungs increase their _____ by expanding more and with greater force. The capacity 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.

_____

_____

_____



LIVEWORKSHEETS