



LET'S DO CAMPAIGN

How to Keep Healthy to Our Body System

You are going to inform everyone in this city to take care of their health through exploring their body system. Using your powerful words, you will explain it to the citizen how important it is.



PUT YOUR WRITING HERE!

Title: How We Breath

The main function of respiratory system is to bring oxygen and let carbon dioxide out from the body.

First, human inhale air and the air, which is full of oxygen, travels down to the trachea and into the main bronchi.

Second, the air fills in tiny air sacs called alveoli. The oxygen gets diffused into the blood vessels surrounding alveoli.

Third, the carbon dioxide from the blood vessels enter the alveoli and travel up to trachea and outside our nose.

The cause of poor circulatory is like tingling, it makes our blood hampered, We must exercise regularly and eat balanced diet. It is also best to not smoke.