



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: Respiratory System

Respiratory system is the organs and other parts of your body involved in breathing, where you exchange oxygen and carbon dioxide.

In respiratory system, there are nose, pharynx, larynx, trachea, bronchus, bronchiole and alveoli. When you breathe in with your nose, air passes through your nose and to the trachea, the bronchus, bronchiole and then alveoli. In the alveoli, oxygen moves through the bloodstream and the carbon dioxide from the bloodstream go inside the alveoli. So when you exhale, carbon dioxide.

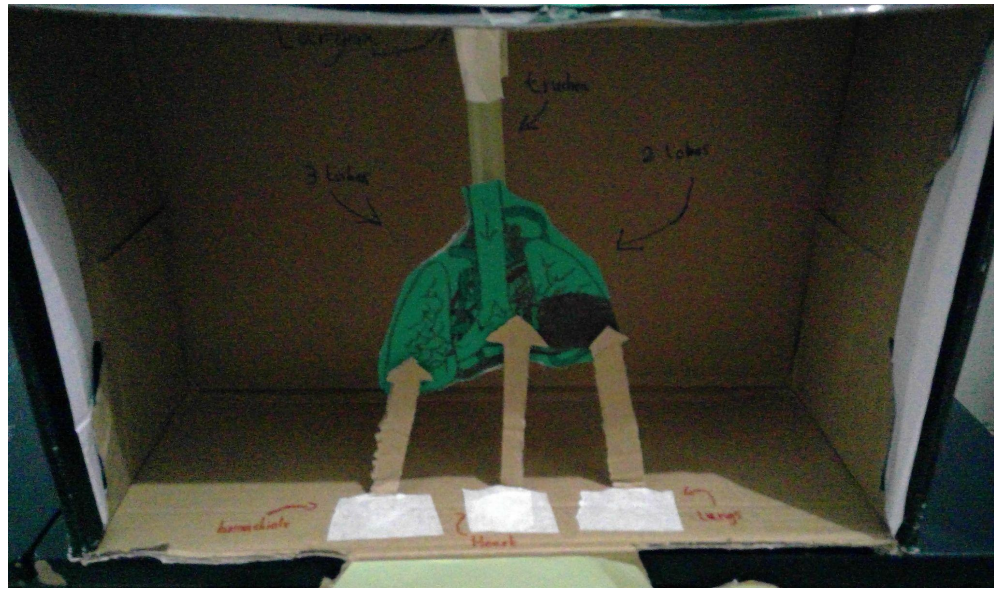
Diseases such as asthma, pulmonary disease, chronic bronchitis and pneumonia can cause hams in our respiratory system. So take care of our respiratory system by eat a healthy, balanced diet, exercise regularly, maintain a healthy weight and see your doctor for an annual physical check-up.

Respiratory System

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By: Rashad

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