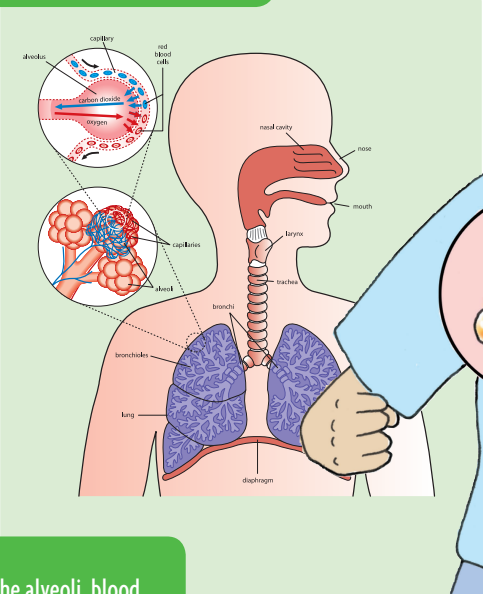


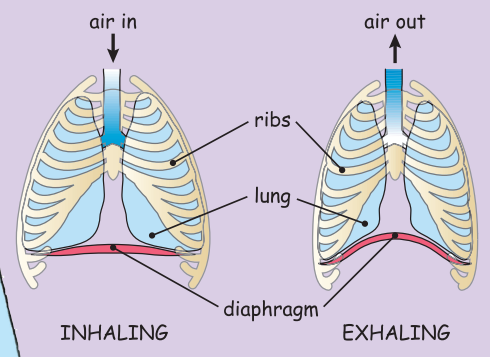
The Respiratory System and Movement

A Closer Look at Your Respiratory System



In the alveoli, blood cells “pick up” oxygen and “drop off” carbon dioxide waste.

Breathing In and Out

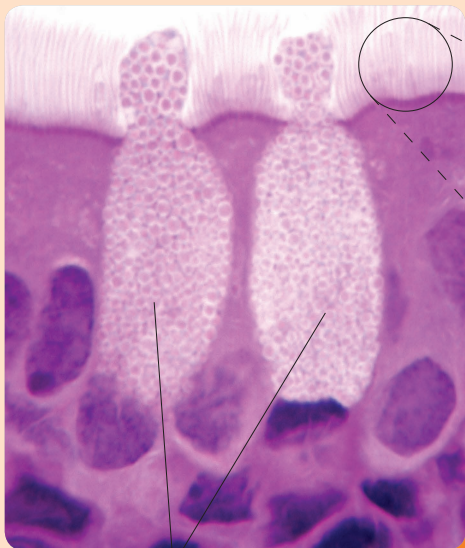


When you breathe, your ribs and diaphragm move, pulling air in, and pushing air out.

Breathing takes place harder and faster to bring in more oxygen for active muscle cells and remove their increased carbon dioxide waste

The hard working leg muscles are using up lots of oxygen and nutrients and creating lots of waste

How the Respiratory System Keeps Clean



Goblet cells

Ciliated epithelial cells are cells with thousands of tiny finger-like structures on their surface that sweep “dirty” mucus (shown in blue) out of the respiratory airways.



Goblet cells lining your airways make and release lots of sticky mucus that traps harmful particles carried in the air.