

GET SOME AIR!

When you **breathe in**, **oxygen** from the atmosphere enters your lungs and crosses through small air sacs called **alveoli** into your **blood stream**.

When you **breathe out**, **carbon dioxide** from the body passes through the **alveoli** in the **opposite direction**, into the air around you. The alveoli and blood vessels of the lungs have a surface area the size of half a tennis court!



Disney
BE HEALTHY
BE ACTIVE