

The **heart** and **lungs** work together to make sure the body has the oxygen-rich blood it needs to function properly.

The close connection between heart and lungs means that breathing problems can be caused by issues in either the heart or lungs, or both.

The body cells need a **continuous supply of oxygen** for the metabolic processes that

Why you should **take care** of the respiratory system and circulatory system?

### Tips for circulatory health

1. Maintain a healthy weight.
2. Don't smoke.
3. Exercise a minimum of 30 minutes a day, most day of the week.
4. Maintain a healthy, low-fat, low-cholesterol diet with more fruits, vegetables, and whole grains.
5. Avoid trans fats and saturates fats, which are often found in processed foods and fast food.

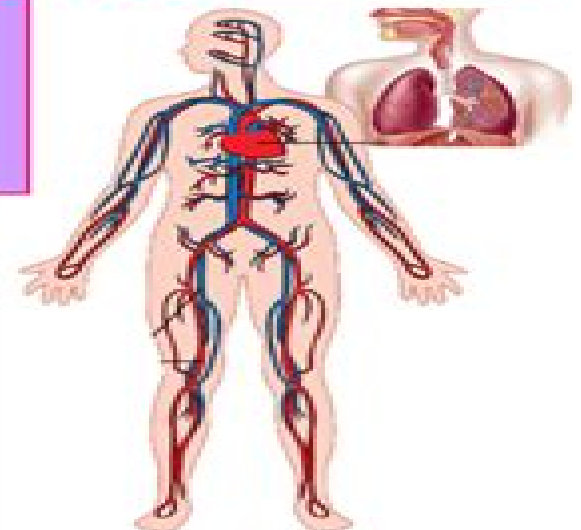
The respiratory system works with the circulatory system to provide this oxygen and to remove the waste products of metabolism. It also help **regulate** the PH of the blood.

### Keep your heart healthy!!

- Cut down on sat.
- Eat less sugar
- Limit saturated fat
- Fill up on fruit and veggies
- Go for more fish
- Quit smoking
- Cut back on alcohol
- Get more exercise

### 7 ways to improve your respiratory health

1. **Stop** smoking and stay away from secondhand smoke.
2. **Avoid** indoor and outdoor air pollution.
3. **Avoid** exposure to people who have the flu or other viral infections.
4. **Exercise** regularly.
5. Eat a **healthy, balanced** diet.
6. Maintain a **healthy weight**.
7. **See your doctor** for an annual physical.



By: Manilyn N. Espenilla

# Holt Science Biology Circulatory And Respiratory System

**H Kauffman**



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