

Name _____

The Breath-Holding Adventure: What Happens When We Hold Our Breath

Short Answer

1. Explain the process of inhaling and exhaling in simple terms.
2. Why does your heart rate change when you hold your breath?
3. Describe the battle that occurs in your body when you hold your breath.
4. What is hypoxia, and why is it important to avoid it during breath-holding?
5. What safety precautions should you take when attempting a breath-holding challenge?

