

Name \_\_\_\_\_

## The Diaphragm: Your Breathing Buddy

### Open-Ended Response Answer Key

1. Answers may vary, but simple explanations could include comparing the diaphragm to a parachute that helps you breathe by moving up and down, or describing it as a powerful muscle that acts like a bellows, pumping air in and out of your lungs.
2. Deep breathing exercises can strengthen the diaphragm and improve lung function. Practicing deep breathing can also reduce stress and promote relaxation, benefiting both physical and mental well-being.
3. During strenuous exercise, your body requires more oxygen for working muscles. The diaphragm and other respiratory muscles respond by increasing the breathing rate to deliver more oxygen to the muscles.
4. The diaphragm is essential for maintaining healthy respiratory function. To keep it in good shape, it's important to avoid smoking, practice deep breathing exercises, maintain good posture, and engage in regular physical activity to strengthen the diaphragm and respiratory muscles.

