

Name \_\_\_\_\_

## Breathing for Life: Why Do We Need to Breathe?

### Short Answer Key

1. Oxygen is essential for our cells to produce energy. It is delivered to our cells through the bloodstream, where it binds to red blood cells and is transported to tissues and organs.
2. The brain regulates our breathing rate by monitoring oxygen and carbon dioxide levels in the blood. When levels change, the brain sends signals to respiratory muscles to adjust our breathing.
3. It's important to get rid of carbon dioxide regularly because its accumulation in the body can lead to problems like dizziness and difficulty thinking clearly.
4. Deep, slow breaths can help manage stress and anxiety by signaling to the brain that everything is okay, promoting relaxation and reducing the stress response.
5. Besides carbon dioxide, our breathing helps remove waste products like ammonia and excess water vapor from our body.

