

CARES FOR OUR SYSTEMS

Digestive, Respiratory and Circulatory System



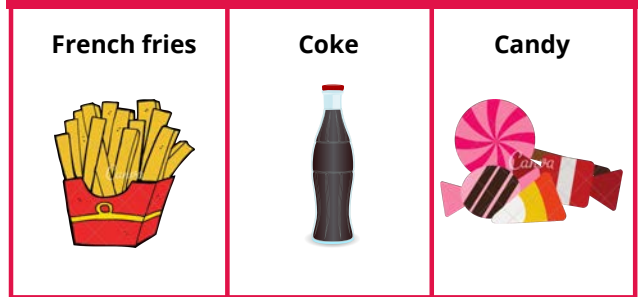
DIGESTIVE SYSTEM:

Digestive system's main function is to break down food and turn it into energy so your body is activated.

To keep your digestive system healthy you have to eat healthy food, so this are foods beneficial for it:



This are foods to avoid, that are unhealthy for the digestive system:

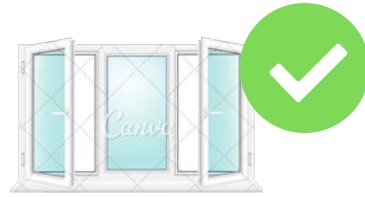


RESPIRATORY SYSTEM:

Respiratory system's main function is to provoke the gas exchange, which is the change of gases (oxygen and carbon dioxide).

Why is important to ventilate the house?

Is important because when you ventilate the house the oxygen enters to it and it help you to have a good health.



A measure to go outside in this pandemic:

A measure to go out now (with the Covid-19 everywhere) and not be infected is to go with mask, wherever you go.



CIRCULATORY SYSTEM:

Circulatory system's main function is to move the blood from the heart to the organs and vice versa.

What is an active pause?

An active pause is a type of sports, that is healthy mentally and fisically at the same time.

Two sports beneficial for the circulatory system are this ones:

★ **Skipping:** You have to jump with 1 leg and the other dubbed (then with the other).



★ **Jumping Jacks:** Jumping opening the legs and at the same time raise your arms, then return to the normal position.

