**Circulatory and Respiratory Systems Vocabulary Words**

1. Aerobic exercise - exercise that increases the need for oxygen

2. Anaerobic exercise - exercise that builds muscles through tension

3. Arteries - blood vessel that carries blood away from the heart

4. Diaphragm - sheet-like muscle separating the chest from the abdominal cavity; creates

 suction to draw in air and expand lungs

5. Capillaries - small blood vessels between the ending of the arteries and the beginning

 of the veins

6. Circulation - flowing (such as the flow of blood throughout the body)

7. Cholesterol - found in animal tissues, too much can lead to heart disease

8. Heart rate - number of heartbeats in one minute

9. Platelets - smallest blood cells to help form clots if you have an injury

10. Respiration - inhaling and exhaling air, breathing

11. Plasma - liquid part of the blood

12. Red blood cells - blood cells constantly traveling through your body delivering oxygen

 and removing waste

13. Sinuses - hollow spaces in the bones of the head, helps regulate temperature of air

 breathed in

14. Veins - blood vessels that carry blood toward the heart

15. White blood cells - blood cells that help protect the body from disease